

# THE PSALMS

a suggested revision of

## THE PRAYER BOOK VERSION

and

## TWELVE OLD TESTAMENT CANTICLES

*selected by*

JOHN NEALE DALTON, M.A., F.S.A.

CANON OF WINDSOR

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The second is that the Divisions of the Five Books of the Psalter should be clearly shewn and the chief duplicates marked.

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# THE PSALMS

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## INTRODUCTION

THE following pages are in great measure a reprint of pp. 51–223, from the edition of the Book of Common Prayer, issued for me by the Cambridge University Press in 1920.

A Committee on the use of the Psalter in public worship were appointed by the Lower House of Canterbury Convocation 24 February, 1910, and presented their Report [461] which was considered 15 February, 1912. Two principles were then agreed upon, the first being that the existing monthly course for use on Weekdays should be retained; and the second that Proper Psalms for all Sundays and for the greater Festivals and their Eves should be provided. In framing this Table, suitable Psalms for special seasons from Advent to Trinity in the first half of the ecclesiastical year were selected: while for the Sundays after Trinity the Psalms in the main are taken in the order they occupy in the Psalter, but they are assigned as far as possible so that the Psalms which are used at Morning Prayer on Sundays in the first half of the year should be used at Evening Prayer in the second half, and *vice versa*. The Committee also recommended the omission in public recitation of a few verses in certain Psalms that occur in course on ordinary weekdays: they also submitted a specimen of revision of the First Book of the Psalter, i.e., the first forty-one Psalms. The House on sending up their Report to the Archbishop, asked his Grace to take steps for an authoritative Revision of the present translation of the whole Psalter for use in public worship. The recommendations of the Committee were ultimately referred to a Joint Committee of the Upper and Lower Houses of Canterbury assisted in their deliberations by representatives from both Houses of York Convocation. They presented their Report [508] June, 1917, endorsing the two principles enunciated in the first Report, and thoroughly overhauled and improved the Table of Proper Psalms for Sundays and Festivals. That Table has been since approved by all four Houses of the Convocation.

## INTRODUCTION

As regards the Revision of the Translation, the Upper House of Canterbury in 1913 asked the Archbishop to take such steps as might seem to him advisable in order to secure "the revision of passages in the Psalter in which the language is specially obscure or misleading." A special Committee of scholars, clergy and laymen were appointed by his Grace 14 October, 1913. Their revision was published in 1916 by the S.P.C.K. and came before the Upper House 4 July, 1917; and two Bishops, the Bishop of Gloucester and the Bishop of Truro, were asked to consider it and report. They have done so in [510] 1 January, 1918. Sixteen of the Committee's alterations the two Bishops think unnecessary; twenty-three they think not successful in giving a clear meaning; and twenty-eight passages they think require alteration where the Committee have proposed none.

Very many persons share with the Dean of Ely the deep regret which he expressed in his paper read before the clergy of London at Sion College on 29 October, 1918, that the Revision put forth by the Archbishop's Committee has not been more thorough. The Committee were restricted, as he pointed out, by the terms of the reference to what only were "specially obscure and misleading renderings." Hence rightly or wrongly they felt they were precluded from introducing changes merely on the ground that the version they were to revise inadequately represented the original. And, as he emphatically added, "The adoption of a Revised Psalter which leaves a vast number of mistranslations untouched would mean the loss of a great opportunity." By all means proceed at first cautiously and warily lest hasty and too drastic changes be made. But what is very generally felt to be wanted now is a wise and discreet, but not timid and hesitating, revision. The Dean refers to Bishop Westcott in 1879, Professor Driver in 1898, Bishop Ryle in 1910, and Dr Frere in 1914, as all advocating such advance: and he says, "Guided by the spirit of Coverdale, more especially as manifested in his earlier version of 1535, a plain and rhythmical expression of the sense of the original even at the sacri-

## INTRODUCTION

fice of the letter may be achieved, often by a short paraphrase rather than word for word rendering"; such expressions, for instance, as are given by him in Psalms 12. 9; 85. 13, and 104. 3, and in the well-known "his wrath endureth but the twinkling of an eye" which represents two words only, or five syllables in all, in the Hebrew of Psalm 30. 5. The principle is undoubtedly true and the question of how far it should go must always be dependent upon personal judgement, and therefore should be exercised most sparingly.

A greatly daring attempt in this direction here comes forth. To those who happen to read the same, it will be evident how often recourse has been had to the earlier Coverdale, and how surprisingly modern are some of his renderings of the rocky terseness of the original; and the effort may perhaps serve to shew, here and there at all events, the direction in which an advance might be made that so many desire, in order that the daily recitation of the Psalms that "reflect the varied aspirations of many periods and many minds" may, in the words of C. G. Montefiore, really be "a comfort, an inspiration and a help to thousands of human souls, who whether troubled or happy, whether agitated or at rest may thus better obtain from the poems of the Psalter a guidance and impetus for the wonder, the joy, and the comfort of communion with God."

There are three important points that ought to have serious attention if the Psalter is to be used with intelligence and real devotion by the ordinary worshipper.

The first is that each Psalm should bear at its head, in different type of course to that of the text, three or four words as to what it is about, its point or character. It is impossible to overrate the advantage to the reader of this being provided, and even they who know the Psalter best will be glad of such reminders. Without such aid the recitation tends inevitably too often to become perfunctory (1 Cor. 14. 15).

The second is that the Divisions of the Five Books of the Psalter should be clearly shewn and the chief duplicates marked.

## INTRODUCTION

The third is that the acrostic or alphabetical form of certain Psalms should be indicated. The attempt at preserving this form in *The Psalms Chronologically Arranged*, by Four Friends (Macmillan, 1867), and also in *The Golden Treasury Psalter* (1870), has been a great help in this respect. The interest thus awakened is very great, and the force of each of such Psalms is added to when the construction which the author deliberately adopted for conveying his thoughts is not ignored. The repetition of the same thought in different words or aspects, as is so often the case in these acrostic Psalms, is thus valued and emphasized, whereas when no notice is taken of the construction, the apparent tardy movement and advance of the thought is apt to occasion inattention. Nevertheless, to a modern mind there is an artificiality attending the acrostic form, which would appear to have been very popular in the Maccabean period, e.g. *Journal of Theological Studies*, xxi, 319–325.

# TABLE OF PROPER PSALMS FOR CERTAIN DAYS

At the discretion of the Minister, one or more of the appointed  
Psalms may be used in place of the whole number.

	MATTINS	EVENSONG
1st Sunday in Advent . . .	1, 7	46, 48
2nd Sunday in Advent . . .	9, 11	50, 67
3rd Sunday in Advent . . .	73	75, 76, 82
4th Sunday in Advent . . .	94	96, 97, 98
Christmas Eve . . . . .	—	89 (1-36)
Christmas Day . . . . .	19, 85	132
1st Sunday after Christmas . . . . .	2, 8	45, 110, 113
New Year's Eve . . . . .	—	90, 133, 134
Circumcision . . . . .	119 (1-32)	91, 121
2nd Sunday after Christmas . . . . .	103	104
Eve of Epiphany . . . . .	—	19, 87
Epiphany . . . . .	72	96, 97, 117
1st Sunday after Epiphany . . . . .	46, 47, 67	18
2nd Sunday after Epiphany . . . . .	27, 36	68
3rd Sunday after Epiphany . . . . .	42, 43	33, 34
4th Sunday after Epiphany . . . . .	60, 63	74
5th Sunday after Epiphany . . . . .	99, 112	106
6th Sunday after Epiphany . . . . .	80, 81	78
Septuagesima . . . . .	104	147, 148
Sexagesima . . . . .	139	25, 26
Quinquagesima . . . . .	15, 20, 23	30, 31
Ash Wednesday . . . . .	6, 32, 38	102, 130, 143
1st Sunday in Lent . . . . .	51	6, 32, 143
2nd Sunday in Lent . . . . .	119 (1-32)	119 (33-72)
3rd Sunday in Lent . . . . .	119 (73-104)	119 (105-144)
4th Sunday in Lent . . . . .	119 (145-176)	39, 40
5th Sunday in Lent . . . . .	22	51
6th Sunday in Lent . . . . .	61, 62	86, 130
Monday in Holy Week . . . . .	13, 25	26, 27, 28
Tuesday in Holy Week . . . . .	31	88
Wednesday in Holy Week . . . . .	41, 42, 43	54, 55
Thursday in Holy Week . . . . .	56, 64	23, 109 (1-4, 20-30)
Good Friday . . . . .	22	40, 69
Easter Even . . . . .	23, 30, 142	113, 114, 115
Easter Day . . . . .	2, 16, 111	116, 117, 118
1st Sunday after Easter . . . . .	3, 57	103
2nd Sunday after Easter . . . . .	120, 121, 122, 123	65, 66
3rd Sunday after Easter . . . . .	124, 125, 126, 127	81, 84
4th Sunday after Easter . . . . .	128, 129, 130, 131	145, 146
5th Sunday after Easter . . . . .	132, 133, 134	107

TABLE OF PROPER PSALMS FOR CERTAIN DAYS.

	MATTINS	EVENSONG
Eve of Ascension . . . . .	—	15, 97, 99
Ascension Day . . . . .	8, 21	24, 47, 110
Sunday after Ascension Day	93, 96	148, 149, 150
Eve of Whitsunday . . . . .	—	48, 145
Whitsunday . . . . .	68	104
Trinity Sunday . . . . .	29, 33	93, 99, 115
1st Sunday after Trinity .	1, 3, 5	4, 7, 8
2nd Sunday after Trinity .	10, 12, 13	15, 16, 17
3rd Sunday after Trinity .	18	19, 20, 21
4th Sunday after Trinity .	24, 25	22, 23
5th Sunday after Trinity .	26, 28	27, 29, 30
6th Sunday after Trinity .	31, 32	33, 36
7th Sunday after Trinity .	34	37
8th Sunday after Trinity .	39, 40	41, 42, 43
9th Sunday after Trinity .	46, 47, 48	44, 45
10th Sunday after Trinity .	50, 53	51, 54
11th Sunday after Trinity .	56, 57	61, 62, 63
12th Sunday after Trinity .	65, 66	68
13th Sunday after Trinity .	71	67, 72
14th Sunday after Trinity .	75, 76	73, 77
15th Sunday after Trinity .	84, 85	89
16th Sunday after Trinity .	86, 87	90, 91
17th Sunday after Trinity .	92, 93	100, 101, 102
18th Sunday after Trinity .	103	107
19th Sunday after Trinity .	111, 112, 113	120, 121, 122, 123
20th Sunday after Trinity .	114, 115	124, 125, 126, 127
21st Sunday after Trinity .	116, 117	128, 129, 130, 131
22nd Sunday after Trinity .	118	132, 133, 134
23rd Sunday after Trinity .	110, 135	137, 138, 139
24th Sunday after Trinity .	136	140, 141, 142
25th Sunday after Trinity .	49	79, 83
26th Sunday after Trinity .	84, 144	105
Sunday next before Advent	145, 146	147, 148, 149, 150

PSALMS FOR SPECIAL OCCASIONS

One or more of the following Psalms may be used on the occasions specified:

Eves of Holy-days and Holy-days.—1, 15, 24, 30, 34, 42, 43, 84, 91, 103, 111, 112, 113, 116, portions of 119, 131, 132, 138, 145, 146, 148, 149.

Rogation Days.—34, 62, 63, 65, 66, 67, 102, 121, 127, 144.

Feast of Dedication or Patronal Feast.—24, 48, 84, 122, 132, 133, 134.

Thanksgiving for Harvest.—65, 67, 103, 104, 144, 145, 147, 148, 150.

For Home Missions and Missions beyond the Seas.—2, 45, 46, 47, 48, 67, 72, 85, 87, 96, 97, 100, 117.

Times of trouble or anxiety.—23, 25, 46, 77, 80, 86, 90, 130.

Occasions of thanksgiving.—30, 33, 65, 107, 111, 115, 138, 145, 146, 148, 150.

# THE PSALMS

THE FIRST BOOK. PSS. I TO 41. GENERALLY PERSONAL.

DAY I

MORNING PRAYER

PSALM 1. *Beatus vir, qui non abiit etc.*

The Divine Law

**H**APPY is the man that hath not walked in the counsel of the ungodly, nor stood awhile in the way of sinners : and hath not sat him down in the seat of the scornful;

2 But his delight is in the law of the LORD : and in his law doth he meditate and exercise himself day and night.

3 And he shall be like a tree planted by the water-side : that bringeth forth its fruit in due season,

4 Whose leaf also doth not wither : and look, in whatsoever he doeth, he shall prosper.

5 As for the ungodly, it is not so with them : but they are like the chaff, which the wind driveth away from off the face of the ground.

6 Therefore the ungodly shall not be able to stand in the

judgement : neither sinners in the community of the righteous.

7 For the LORD regardeth with loving care the way of the righteous : but the way of the ungodly doth end in ruin.

PSALM 2. *Quare fremuerunt gentes?*

The Divine King

**W**HY do the nations so tumultuously throng together : and why do the peoples meditate a vain thing?

2 The kings of the earth stand up, and the rulers take counsel together : against the LORD, and against his anointed,—

3 “Let us break their bonds asunder : and cast away their yoke from us.”

4 He that is throned in heaven doth laugh them to scorn : the Lord doth have them in derision.

5 Then will he speak unto them in his wrath : and dismay them in his sore displeasure,—

6 "It is I that have set my king : upon my holy hill of Sion."

7 I will declare the decree : the LORD said unto me "Thou art my son, this day have I begotten thee.

8 Desire of me, and I will give thee the nations for thine inheritance : and the utmost parts of the earth for thy possession.

9 These shalt thou shepherd and protect with crook of iron : those shalt thou break in pieces like a potter's vessel."

10 Now therefore, O ye kings, be wise : be warned, ye that are judges of the earth.

11 Serve the LORD with fear : and rejoice unto him with reverence.

12 Do homage to the son, lest the Lord be angry, and ye go to ruin on your way, for his wrath may soon be kindled : happy are all they that take refuge in him.

PSALM 3. *Domine, quid multiplicati?*

A morning prayer for protection

**W**HY are they so many, O LORD, that trouble me : a great multitude are they that rise against me.

2 Yea many one there be that say of my soul : "There is no salvation for him in God."

3 But thou, O LORD, art a shield about me : thou art my glory, and the lifter up of my head.

4 Unto the LORD do I call with my voice : and he answereth me out of his holy hill.

5 I laid me down and slept, and rose up again refreshed : for the LORD sustaineth me.

6 I will not be afraid for ten thousands of the people : that have set themselves against me round about.

7 Arise, O LORD, save me, O my God : for thou hast ere now smitten all mine enemies upon the cheek-bone; thou hast broken the teeth of the ungodly.

8 Salvation belongeth unto the LORD : therefore let thy blessing be upon thy people.

PSALM 4. *Cum invocarem.*

Evening rest after a toilsome troubled day

**A**NSWER me when I call, O God of my righteous cause : thou who didst set me

at liberty when I was in distress; be gracious unto me, and hearken unto my prayer.

2 O ye children of men, how long will ye slander mine honour : how long will ye have such pleasure in vanity, and seek after cunning and falsehood?

3 Know this, that the LORD hath shewn wonderful kindness to him that is faithful : when I call upon the LORD, he doth hear me.

4 Stand in awe, and sin no more : commune with your own heart, and in your chamber, and be still.

5 Offer the sacrifices of righteousness : and put your trust in the LORD.

6 There be many that are saying : O that we could see some good?

7 LORD, lift thou up : the light of thy countenance upon us.

8 Thou hast put more joy in my heart than others have : when their corn, and their wine, increase.

9 In peace will I lay me down, and sleep at once : for it is thou,

LORD, that makest me though alone to dwell in safety.

PSALM 5. *Verba mea auribus.*

A morning prayer for guidance

GIVE ear to my words, O LORD : consider my meditation.

2 O hearken thou unto my cry for help, my King, and my God : for unto thee do I make my prayer.

3 My voice shalt thou hear betimes, O LORD : early in the morning will I order my prayer unto thee, and keep watch.

4 For thou art not a God that hath pleasure in wickedness : neither can any evil man be guest of thine.

5 Such as be arrogant shall not be able to stand in thy sight : thou art an enemy unto all them that are workers of iniquity.

6 Thou destroyest them that speak falsehood : the LORD doth abhor both the bloodthirsty and deceitful man.

7 But as for me, through the abundance of thy loving-kindness can I come into thine house : and in thy fear can I worship toward thy holy temple.

8 Lead me, O LORD, in thy righteousness, because of them that lie in wait for me : make thy way plain before my face.

9 For there is no sincerity in their mouth : their inmost thoughts are Ruin and Death.

10 Their throat is an open sepulchre : while they flatter with their tongue.

11 Let them miss their mark, O God : let them be undone through their own schemes and plots.

12 Thrust them down because

of the multitude of their transgressions : for they have rebelled against thee.

13 But let all those that take refuge in thee rejoice : let them ever be giving of thanks, because thou protectest them ; let them also that love thy Name be joyful in thee ;

14 For thou, O LORD, givest thy blessing unto the righteous : and with thy favourable kindness dost thou encompass him as with a shield.

## DAY I

## EVENING

PSALM 6. *Domine, ne in furore.*

Prayer in depressing sickness

O LORD, rebuke me not in thine indignation : neither chasten me in thy heavy displeasure.

2 Be gracious unto me, O LORD, for I am weak : O LORD, heal me, for my bodily frame is racked with pain.

3 My soul also is sore troubled : but thou, O LORD,—how long?

4 Turn thee, O LORD, and deliver my soul : O save me for thy loving-kindness' sake.

## PRAYER

5 For in death no man remembereth thee : and who will give thee thanks in the Underworld ?

6 I am weary with my groaning : every night wash I my bed, and flood my couch with my tears ;

7 Mine eye is dim for very sorrow : and wasted away because of all mine adversaries.

8 Be gone from me, all ye workers of iniquity : for the LORD hath heard the voice of my weeping.

9 The LORD hath heard my supplication : the LORD will receive my prayer.

10 All mine enemies shall be confounded, and sore troubled : they shall be turned back, and put to shame suddenly.

PSALM 7. *Domine, Deus meus.*

Cry for justice

O LORD my God, in thee have I taken refuge : save me from all them that pursue me, and deliver me;

2 Lest he tear my soul, like a lion : and rend it in pieces, while there is none to deliver.

3 O LORD my God, if I have done any such thing : or if there be any wrong in my hands;

4 If I have wrought evil unto him that dealt friendly with me— : (yea, I have rescued him that without any cause is mine adversary);—

5 Then let the enemy pursue my soul, and overtake me : yea, let him tread my life down upon the earth, and lay mine honour in the dust.

6 Stand up, O LORD, in thy wrath, and lift up thyself,

against the raging of mine adversaries : arouse thyself for me at the judgement which thou hast commanded;

7 And let the gathering together of the peoples come round about thee : and over them once more return thou to thy throne on high.

8 The LORD is ministering judgement unto the peoples : judge me, O LORD, according to my righteousness, and according to mine integrity be it done unto me.

9 O that the evil of the ungodly might come to an end : and that thou wouldest establish the righteous;

10 For the righteous God : trieth the very hearts and reins.

11 My shield over me is God : who preserveth them that are true of heart.

12 God is a righteous Judge, strong and patient : and God is provoked every day.

13 If a man do not turn from his evil way, he will whet his sword : he hath bent his bow, and made it ready.

14 Against such an one too he hath prepared the weapons of

death : making lightnings his arrows.

15 Behold, the ungodly travailleth with mischief : he hath conceived destruction for others, and brought forth—failure.

16 He hath graven and digged up a pit—: and is fallen himself into the destruction that he made for other.

17 For his mischief shall return upon his own head : and his violence shall come down upon his own pate.

18 I will give thanks unto the LORD, according to his righteousness : and I will make melody unto the Name of the LORD Most High.

*PSALM 8. Domine, Dominus noster.*

Dominion over Nature given to the children of men for moral ends

O LORD our sovereign Lord : how glorious is thy Name and manifestation of thyself over all the world.

2 Thou that hast spread thy splendour upon the heavens : out of the mouth of such as be but very babes and sucklings hast established strength,

3 Because of thine adversaries : that thou mightest thereby quell the enemy, and the revengeful.

4 When I consider thy heavens, even the work of thy fingers : the moon and the stars, which thou hast ordained ;—

5 What is frail man, that thou shouldest be so mindful of him : and the child of the earthborn, that thou shouldest so account of him ?

6 For thou hast made him in thy likeness : and crownest him with glory and honour,

7 By making him to have dominion over the works of thy hands : and by putting all things in subjection under his feet ;

8 All sheep and oxen : yea, and the wild creatures of the field ;

9 The birds of the air : and the fishes of the sea.

10 Aye, man too passeth over : the paths of the seas. (104. 26)

11 O LORD our sovereign Lord : how glorious is thy Name and manifestation of thyself over all the world.

## DAY 2

## MORNING PRAYER

PSALM 9. *Confitebor tibi.*

Conflict of good and evil in the world

**E**LL mine heart doth give  
thanks unto thee, O LORD :  
all thy marvellous works will I  
declare.

2 And I will be glad and rejoice  
in thee : as I make melody unto  
thy Name, O thou Most High ;

3 Because mine adversaries are  
driven back : they were dis-  
comfited and brought to nought  
at thy presence.

4 For thou hast maintained  
my right and my cause : thou  
that judgest right hast taken  
thy seat upon the throne.

5 Confounded and rebuked of  
thee are the nations, and de-  
stroyed by thee are the ungodly :  
thou hast blotted out their  
name for ever and ever.

6 The enemy are come to an  
end, they are desolate for ever :  
and the cities that thou didst  
uproot, their very memory is  
perished with them.

7 Doomed are they, but the  
LORD is enthroned for ever : he  
hath established his throne for  
judgement.

8 And he, even he will judge  
the world in righteousness : and  
minister judgement with equity  
unto the peoples.

9 Great indeed as a defence  
will the LORD be unto the op-  
pressed : even a strong tower  
in the needful time of trouble ;

10 Therefore they that know  
thy Name do put their trust in  
thee : for thou, LORD, never  
failest them that seek thee.

11 High melody to the LORD  
who dwelleth in Sion : declare  
among the peoples his doings.

12 How that he who requireth  
a reckoning for bloodshed hath  
remembered them : and he hath  
not forgotten the cry of the poor.

13 In very deed, O LORD, do  
thou be gracious unto me ; con-  
sider the affliction which I suffer  
from them that hate me : thou  
that liftest me up from the gates  
of death ;

14 In order that I may shew  
forth all thy praise : that I may  
within the gates of the daughter  
of Sion rejoice in thy salvation.

15 Justly are the nations sunk  
down in the pit that they made :

in the same net which they spread out privily, hath their own foot been taken.

16 Thus the LORD hath made himself known, he hath executed judgement : by trapping the wicked in the work of their own hands.

17 Know then that the wicked must vanish from the earth : even all the nations that forget God.

18 For the poor shall not alway be forgotten : nor the hope of the afflicted be disappointed for ever.

19 Arise, O LORD, and let not mortal man have the upper hand : let the nations be judged in thy presence.

20 Overawe them with terror of thee, O LORD : that the nations may know themselves to be but mortal men.

PSALM 10. *Ut quid, Domine?*

**L**ONG time standest thou afar off, O LORD : why hidest thou thy face in the needful time of trouble?

2 The ungodly in his pride doth persecute the poor : oh let them be caught in the crafty wiliness that they have devised.

3 For the ungodly hath made

boast of his own heart's desire : and in his greed he renounceth, yea, he treateth the LORD with contempt.

4 The ungodly is so proud, that he saith There is no retribution : There is no God is the sum of all his thoughts.

5 His ways are alway prosperous : thy judgements are far above out of his sight, and therefore defieth he all his adversaries.

6 For he hath said in his heart, Tush, I shall never be cast down : there shall no harm happen unto me.

7 His mouth is full of cursing, of deceit, and oppression : thoroughly to his taste are intrigue and treachery.

8 He sitteth lurking in the thievish corners of the streets : and privily in his lurking dens doth he murder the innocent ; his eyes are stealthily watching for the hapless.

9 For he lieth waiting secretly, even as a lion lurketh he in his den : that he may ravish the poor.

10 He doth ravish the poor : when he hath gotten him into his net.

11 He croucheth down, and lieth low : that the hapless may fall by the hands of his bullies.

12 He hath said in his heart, Tush, God hath forgotten : he hath turned away his face, so that he hath not seen, nor ever will.

13 Up and arise, O LORD, O God lift up thine hand : forget not the poor.

14 Wherefore should the ungodly treat God with contempt : while he doth say in his heart, Tush, there is no retribution.

15 Verily thou hast seen it, for thou, even thou, dost behold the misery and wrong : that thou mayest take the matter into thine hand.

16 The hapless committeth himself unto thee : for thou, even thou, hast ever been the helper of the friendless.

17 Wilt thou not break the power of the ungodly : and as for the evil man search out and punish his wickedness, until thou find none.

18 The LORD is King for ever and ever : the nations are perished out of his land.

19 Zealously, O LORD, hearest

thou the desire of the afflicted : their heart is sure that thine ear doth hearken thereunto ;

20 To help the friendless and downtrodden unto their right : that nevermore from thy land dare man bid defiance to thee.

PSALM 11. *In Domino confido.*

Faith is perfected by trial

**I**N the LORD have I taken refuge : how will ye say then to my soul, that she should "flee to the mountain as a bird"?

2 "For lo, the ungodly are bending the bow, and making ready their arrows upon the string : that they may shoot unseen at them which are upright of heart.

3 When the foundations of social order are being rooted up : what can the righteous then do?"

4 The LORD is in his holy temple : the LORD whose throne is in heaven,

5 His eyes do behold : his eyelids do try the children of men.

6 The LORD by trial is proving the righteous : but the ungodly, and him that loveth violence, doth his soul abhor.

7 Upon the ungodly he will

cause it to rain fiery bolts and brimstone : storm and tempest shall be the portion of their cup.

## DAY 2

## EVENING

PSALM 12. *Salvum me fac.*

Amid hypocrisy and unscrupulous ambition

**H**ELP, LORD, for there is not one kindly man left : for the faithful have vanished from among the children of men.

2 They speak insincerity every one with his neighbour : they do but flatter with their lips, and dissemble in their double heart.

3 O that the LORD would cut off all flattering lips : and every tongue that speaketh proud things!

4 Which have said, With our tongue will we prevail : our lips are our own, who is lord over us?

5 Now for their violence, and for the comfortless troubles' sake of the oppressed : and because of the deep sighing of the poor,

6 I will up, saith the LORD : I

8 For the LORD is righteous, and he loveth righteous deeds : whoso is upright of heart shall see him face to face.

## PRAYER

will set him in the safety that he panteth for.

7 The words of the LORD are pure from dross : even as silver, which hath been refined from earth in the furnace, and purified seven times in the fire.

8 Thou wilt keep them therefore, O LORD : thou wilt preserve us from a breed such as this for ever.

9 Though the ungodly stalk on every side : when vanity and idleness getteth the overhand among the children of men.

PSALM 13. *Usque quo, Domine?*

Despair and hope

**H**OW long, O LORD, wilt thou forget me? for ever?: how long wilt thou hide thy face from me?

2 How long shall I seek counsel in my soul, and be daily so vexed in my heart : how long must mine enemy be exalted over me?

3 Look hither, and answer me,  
O LORD my God : lighten mine  
eyes, that I sleep not in death.

4 Lest mine enemy say, I have  
prevailed against him : for if I  
be cast down, they that trouble  
me will rejoice at it.

5 But my trust is in thy loving-  
kindness : let my heart be joy-  
ful in thy salvation.

6 Let me sing unto the LORD :  
because he hath dealt so lovingly  
with me.

PSALM 14. *Dixit insipiens.*

The spirit of folly

(Duplicate = Ps. 53)

THE foolish body doth say  
in his heart : Tush, there  
is no God.

2 Corrupt are they, and be-  
come abominable in their do-  
ings : there is not one that doeth  
good.

3 The LORD looked down from

heaven upon the children of  
men : to see if there were any  
that would understand, and  
seek after God.

4 But they are all gone out of  
the way, they are altogether be-  
come rotten and impure : there  
is none that doeth good, no not  
one.

5 Shall they not come to rue  
their folly, all they that are  
such workers of iniquity : who  
live by devouring my people  
and call not upon the LORD?

6 Lo there were they brought  
into panic terror : for God is with  
the generation of the righteous.

7 Ye may frustrate, for a while,  
the counsel of the poor : but  
the LORD is his refuge.

8 O that the salvation were  
given unto Israel out of Sion :  
when the LORD turneth the  
captivity of his people, then  
should Jacob rejoice, and Israel  
be right glad.

PSALM 15. *Domine, quis habitabit?*  
The friend of God

LORD, who may be guest in  
thy tent : or who may  
abide upon thy holy hill?

2 Even he, that leadeth an  
honest and sincere life : and  
doeth the thing which is right,  
and speaketh the truth from his  
heart.

3 He that hath used no deceit in his tongue, nor ever done his mate an evil turn : and hath not slandered his neighbour.

4 He that scorneth aught that is base : but maketh much of them that fear the LORD.

5 He that hath plighted his word unto his neighbour, and disappointeth him not : though it were to his own hurt, he changeth not.

6 He that hath not put out his money upon usury : nor taken a bribe against the innocent.

7 Whoso doeth these things : shall not be moved, but ever there abide secure.

PSALM 16. *Conserua me, Domine.*

The joy of fellowship with God

**P**RESERVE me, O God : for in thee have I taken refuge.

2 I have said unto the LORD : Thou art my sovereign Lord, I have no good but in thee.

3 All my delight is upon the faithful, that are in the land : and upon such as do excel in virtue.

4 But their sorrows shall be multiplied : that exchange the Lord for another god ;

5 Their drink-offerings of blood will not I offer : neither take up their names upon my lips.

6 The LORD himself is the portion of mine inheritance, and my cup : thou art without change for ever my lot.

7 The measuring lines are fallen unto me in pleasant places : yea, in thee I have a delightsome heritage.

8 I will bless the LORD for giving me counsel : my heart also doth instruct me in the night-season.

9 I have set the LORD continually before me : because he is at my right hand, I shall not be moved.

10 Therefore my heart is glad, and my soul rejoiceth : my flesh also dwelleth in safety.

11 For why? thou wilt not abandon my soul to the Under-world : neither wilt thou suffer him that is loving and faithful unto thee to see Corruption.

12 Thou makest known to me the path of Life ; in thy presence is fulness of joy : and in thy right hand there are pleasures for evermore.

PSALM 17. *Exaudi, Domine.*

Prayer in pressing danger

**H**EAR the right, O LORD, attend unto my cry : and hearken unto my prayer, that goeth not out of deceitful lips.

2 Let my sentence come forth from thy presence : and let thine eyes look down in equity.

3 Thou hast proved and visited mine heart in the night-season ; thou hast tried me in the fire, and dost find no evil intent in me : I am utterly purposed that my mouth should not offend.

4 As for the doings of men : by hearkening to the word of thy lips, I have kept me from the ways of the violent.

5 My steps have held fast to thy paths : my footsteps have not slipped.

6 As for me, I call unto thee, for thou wilt answer me, O God : incline thine ear to me, and hearken unto my words.

7 Shew some noteworthy token of thy loving-kindness : thou that savest by thy right hand them which take refuge in thee.

8 Keep me as the apple of an eye : hide me under the shadow of thy wings,

9 From the ungodly that oppress me : my deadly enemies that compass me round about.

10 Their gross hearts have they shut up tight against pity : and their mouth speaketh proud things.

11 They lie waiting in our way on every side : keenly watching to cast us down to the ground ;

12 Like a lion that is eager for his prey to tear it in pieces : and as it were a lion's whelp, lurking in secret places.

13 Arise, O LORD, confront him, and cast him down : deliver my soul from the ungodly, by thine own sword ;

14 Yea, by thine own hand, O LORD, from men, who are but of this fleeting world : who have their portion in this life, whose bellies thou fillest with thy treasure.

15 They have children at their desire : and leave the superabundance of their substance for their babes.

16 But as for me, may I behold thee face to face in righteousness : let me be satisfied, when I awake, with thy likeness.

## DAY 3

## EVENING PRAYER

PSALM 18. *Diligam te, Domine.*

War song of triumph

Amid the storm of life God's guidance  
is plain to the true-hearted  
(Duplicate = 2 Sam. 22)

**R**IIGHT well do I love thee,  
**O**LORD, my strength :  
the LORD is my rock and my  
fastness and my deliverer,

**2** My God, my stronghold,  
whereon I take refuge : my  
shield and the horn of my sal-  
vation, my high tower.

**3** Whenever I call upon the  
LORD, who is worthy to be  
praised : then am I saved from  
mine enemies.

**4** The billows of Death had  
encompassed me : the torrents  
of Destruction had made me  
afraid.

**5** The cords of Hell were  
round me : the snares of Death  
took hold upon me.

**6** In my distress I called upon  
the LORD : and cried for help  
unto my God.

**7** Out of his temple on high he  
heard my voice : and my cry  
came before him, it entered even  
into his ears.

**8** Then the earth trembled and

quaked : the very foundations  
of the hills shook, and were  
moved, because he was wroth.

**9** There went up a smoke out  
of his nostrils : and a con-  
suming fire out of his mouth,  
burning bolts flamed forth from  
him.

**10** He bowed the heavens also,  
and came down : and thick  
darkness was under his feet.

**11** He rode upon the cherubim,  
and did fly : he came swooping  
down upon the wings of the  
wind.

**12** He made darkness his  
covert, his pavilion round about  
him : darkness of waters, thick  
clouds of the skies.

**13** From out the brightness  
of his presence there passed  
through his thick clouds : hail-  
stones, and bolts of fire.

**14** The LORD also thundered  
in the heavens, and the Most  
High gave forth his voice : hail-  
stones, and bolts of fire.

**15** He sent out his arrows, and  
scattered them : yea lightnings  
manifold, and discomfited them.

**16** Then were the channel-  
beds of the waters seen, and

the foundations of the round world were laid bare : at thy chiding, O LORD, at the blast of the breath of thy displeasure.

17 He reached forth his hand from on high, he took me : he drew me out of the mighty waters.

18 He delivered me from my strongest enemy, and from them that hated me : for they were too mighty for me.

19 They confronted me in the day of my calamity : but the LORD was my stay.

20 He brought me forth also into a place of liberty : he rescued me, even because he delighted in me.

21 The LORD dealt with me after my righteous dealing : according to the cleanness of my hands did he recompense me.

22 Because I kept the ways of the LORD : and did not sin myself away from my God,

23 For I had an eye unto all his judgements : and I put not away his statutes from me ;

24 I was also single-hearted with him : and guarded myself from mine iniquity.

25 Therefore hath the LORD recompensed me according to my righteous dealing : and according unto the cleanness of my hands in his eye-sight.

26 With the kindly thou wilt shew thyself kind : and with the upright man thou wilt shew thyself upright;

27 With the pure thou wilt shew thyself pure : and with the crooked thou wilt shew thyself subtle.

28 For thou, even thou, wilt save the afflicted people and the poor oppressed : and wilt bring down the high looks of the proud.

29 Thou, even thou, dost light my lamp : the LORD my God doth make my darkness to be light.

30 For in thee I can charge through an host of men : and with the help of my God I can go over the top.

31 As for God his way is perfect : the word of the LORD is of sterling metal well tried in the fire ; he is a shield of defence unto all them that take refuge in him.

32 For who is God, save the

LORD : or who is a Rock except our God?

33 The God, that girdeth me with strength of war : and maketh my way perfect.

34 He maketh my feet like harts' feet : and setteth me up on the heights of mine own mountain land.

35 He traineth mine hands for war : so that mine arms bend even a bow of steel.

36 Yea, thou hast given me the shield of thy salvation : thy right hand also doth hold me up, and thy gentleness hath made me great.

37 Thou hast made foothold broad enough under me for to go : that my footsteps should not slip.

38 So did I follow up mine enemies, and overtook them : neither turned I back again till I had made an end of them.

39 I have smitten them, so that they shall not be able to rise again : they are fallen under my feet.

40 For thou didst gird me with strength unto the battle : thou didst throw down all them under me, that rose up against me.

41 Thou it was that didst make mine enemies to turn their backs in flight before me : so that I might make an end of them that hate me.

42 They cried for help, but there was none to save : yea, even unto the LORD, but he answered them not,

43 So that I beat them as small as the dust before the wind : I did cast them out as the mire of the streets.

44 Thou didst win for me escape out of the strivings of the people : and thou hast made me the head of the nations.

45 A people whom I had not known : do serve me.

46 As soon as they hear of me, they offer obedience : the sons of the alien came cringing unto me.

47 The alien folk do fade away : and come creeping forth out of their fastnesses.

48 The LORD liveth, and blessed be my Rock : and exalted be the God of my salvation ;

49 Even the God that seeth that I be avenged : and driveth peoples in flight before me.

50 It is he that delivereth me

from my cruel enemies, yea thou liftest me up above them that rise up against me : from the man of violence didst thou rescue me.

51 For this cause will I give thanks unto thee, O LORD,

among the nations : and make melody unto thy Name.

52 Great salvation giveth he unto his king : and sheweth loving-kindness unto his anointed, to David, and to his seed for evermore.

## DAY 4

## MORNING PRAYER

PSALM 19. *Cæli enarrant.*

The law of the universe

**T**HE heavens declare the glory of God : and the firmament sheweth his handy-work.

2 One day telleth another : and night unto night revealeth knowledge.

3 Speech there is none, nor language : their sound cannot be heard ;

4 But their voice is gone out into all lands : and their words unto the end of the world.

5 In them hath he set a pavilion for the sun : which cometh forth as a bridegroom out of his chamber, and rejoiceth as a giant to run his course.

6 It goeth forth from the uttermost part of the heaven, and runneth about unto the end of

it again : and there is nothing hid from the heat thereof.

7 The law of the LORD is perfect, refreshing the soul : the ordinances of the LORD are sure, giving wisdom unto the simple.

8 The precepts of the LORD are upright, rejoicing the heart : the commandment of the LORD is bright, giving light unto the eyes.

9 The fear of the LORD is pure, enduring for ever : the judgements of the LORD are true, yea righteous altogether.

10 More to be desired are they than gold, yea, than much fine gold : sweeter also than honey, and the honeycomb.

11 Moreover, by them is “thy servant” warned : in keeping of them there is great reward.

12 Who can discern how oft he offendeth : O cleanse thou me from the faults I wist not of.

13 Keep back “thy servant” also from deliberate sins, let them not get the dominion over me : then shall I be heart-whole with thee, and innocent from great offence.

14 Let the words of my mouth, and the meditation of my heart, be always acceptable in thy sight : O LORD, my strength, and my redeemer.

PSALM 20. *Exaudiat te Dominus.*

War prayer on going forth

**T**HE LORD answer thee in the day of trouble : the Name of the God of Jacob set thee up on high secure from all attack ;

2 Send thee help from the sanctuary : and strengthen thee out of Sion ;

3 Remember all thy offerings : and accept thy burnt-sacrifice ;

4 Grant thee thy heart’s desire : and fulfil all thy counsel.

5 That we may triumph in thy salvation, and set up our banners in the Name of our God : the LORD perform all thy petitions.”

6 Now know I, that the LORD saveth his anointed, he will answer him from his holy

heaven : mighty is the help of his right hand.

7 Some put their trust in chariots, and some in horses : but we—we will remember the Name of the LORD our God.

8 They—they are brought down, and fallen : but we—we are risen, and stand upright.

9 O LORD, save the king : and answer us now when we call upon thee.

PSALM 21. *Domine, in virtute tua.*

Thanksgiving on return

**I**N thy strength, O LORD, doth the king triumph : O how exceeding glad is he because of thy salvation.

2 Thou hast given him his heart’s desire : and hast not withholden the request of his lips.

3 For thou comest forth to meet him with the choicest blessings : and dost set a crown of pure gold upon his head.

4 He asked life of thee, and thou gavest it him : even length of days for ever and ever.

5 His glory is great through thy salvation : splendour and majesty dost thou lay upon him.

6 For thou dost give him ever-

lasting felicity : and makest him glad with joy in thy presence.

7 And why? because the king putteth his trust in the LORD : yea, through the loving-kindness of the Most High he shall not miscarry.

8 Thy hand shall be equal to all thine enemies : thy right hand shall overtake those that hate thee.

9 Thou shalt make them like a fiery furnace what time thou appearest : the LORD shall destroy them in his displeasure, and the fire devour them.

## DAY 4

## EVENING PRAYER

PSALM 22. *Deus, Deus meus.*

The Servant of the LORD, Forsaken

**M**Y God, my God, why hast thou forsaken me : and art so far from helping me, and from the words of my bitter cry?

2 O my God, I call in the day-time, but thou answerest not : and in the night-season, but find no respite.

3 Yet still thou art the holy One : and rightly throned on Israel's songs of praise.

4 In thee did our fathers

10 Their fruit shalt thou root out of the earth : and their seed from among the children of men.

11 Though they threaten mischief against thee, though they plan a wicked device : they shall avail naught.

12 For thou shalt put them to flight : and upon the strings of thy bow shalt thou make ready thine arrows against the face of them.

13 Be thou exalted, O LORD, in thine own strength : so will we sing, and praise thy power.

trust : they trusted, and thou didst deliver them.

5 Unto thee they cried, and were holpen : in thee did they put their trust, and were not confounded.

6 But as for me, I am a worm, and no man : a very scorn of men, and the despised of the people.

7 All they that see me laugh me to scorn : they shoot out their lips, and shake their heads, saying,

8 Commit thyself unto the

LORD, let him rescue him : let him deliver him, seeing he delighteth in him.

9 Yea, but thou art he that didst bring me safely to the birth : thou didst teach me to trust, when I was yet a babe upon my mother's breasts.

10 Under thy fatherly care have I ever been since I was a child : thou art my God even from my earliest boyhood's days.

11 O be not thou far from me now, for trouble is hard at hand : and there is none to help.

12 Many bulls are come about me : strong bulls of Bashan close me in on every side.

13 They open wide their mouth upon me : each as it were a ravening and a roaring lion.

14 I am poured out like water, and all my bones are out of joint : my heart also in the midst of my body is even like melting wax.

15 My strength is dried up like a potsherd, and my tongue cleaveth to my gums : and thou —thou art laying me in the dust of death.

16 For many dogs are come about me, a pack of the wicked

beset me on every side : they tear at my hands and my feet,

17 Though naught am I now but an atomie : and they—they stand staring and gloating over mine end they think so near.

18 They part my garments among them : and cast lots upon my vesture, what each should take.

19 But thou, O LORD, be not thou far from me : O thou my succour, haste thee to help me.

20 Deliver my soul from the sword : my dear life from the power of the dog.

21 Save me from the lion's mouth : yea, from among the horns of the wild oxen—thou hast answered me.

Triumphant, and he bringeth in the ideal age

22 I will declare thy Name unto my brethren : in the midst of the public assembly will I praise thee;

23 "O praise the LORD, ye that fear him : glorify him, all ye the seed of Jacob, and stand in awe of him, all ye the seed of Israel ;

24 For he hath not despised, nor abhorred, the low estate of the afflicted : he hath not hid

his face from him, but when he cried for help unto him he heard."

25 My praise is of thee in the festal assemblage : my thank-offering that I promised will I now perform, in the presence of them that fear him ;

26 The afflicted shall feast, and share thereof with me : they that seek after the LORD shall praise him ; let your failing heart for ever revive.

Universal homage by future  
generations

27 All the ends of the world shall remember themselves, and return unto the LORD : and all the families of the nations shall worship before him.

28 For the kingdom is the LORD's : and he is the ruler over the nations.

29 Verily to him shall all the hale and strong on earth come bow the knee and join the sacred feast : before him too shall kneel the feeble and the weak, all they that now are going down to dust.

30 And as for him that hath no strength to keep his soul in life : his seed shall serve the Lord, and to the next generation recount the tale ;

31 And they again unto a people yet to be born shall declare his righteousness : how great salvation the Lord himself hath wrought.

PSALM 23. *Dominus regit me.*

The good shepherd

**T**HE LORD is my shepherd : therefore can I lack nothing.

2 He maketh me to lie down in green pastures : and gently leadeth me beside the waters of comfort and of rest.

3 He doth revive my soul : and guideth me in the paths of righteousness, for his Name's sake.

4 Yea, though I walk through the valley of the shadow of death I will fear no evil, for thou art with me : thy shepherd-crook and thy staff they protect and comfort me.

5 Thou layest out a banquet for me in the very presence of my foes : thou hast anointed my head with oil, and my cup is more than full.

6 Surely only goodness and loving-kindness shall follow me all the days of my life : and I shall dwell in the house of the LORD for ever.

## DAY 5

## MORNING PRAYER

PSALM 24. *Domini est terra.*

Entry into the sanctuary

**T**HE earth is the LORD's, and all that therein is : the whole world, and they that dwell thereon.

2 For he it was who founded it upon the seas : and he it is who doth sustain it upon the floods.

The true worshipper

3 Who may go up unto the hill of the LORD : or who may stand in his holy place?

4 Even he that hath innocent hands, and a pure heart : who hath not lifted up his soul unto falsehood, nor sworn with intent to deceive his neighbour,—

5 He shall receive a blessing from the LORD : and righteousness from the God of his salvation.

6 This is the generation of them that long after him : even of them that seek thy face, O God of Jacob.

The LORD cometh to his own

7 Lift up your heads, O ye gates, and be ye lift up, ye everlasting doors : that the King of glory may come in.

8 "Who is this King of glory" : It is the LORD strong and mighty, even the LORD mighty in battle.

9 Lift up your heads, O ye gates, yea, lift them up, ye everlasting doors : that the King of glory may come in.

10 "Who then is the King of glory" : It is the LORD of hosts, he—even he is the King of glory.

PSALM 25. *Ad te, Domine, levavi.*

Prayer for instruction and guidance

**E**FTER thee, O LORD, do I long : unto thee do I lift up my soul.

2 Behold, O my God, in thee have I put my trust : O let me not be confounded, let not mine enemies triumph over me.

3 Confounded and disappointed be all such as are faithless toward thee, and to no purpose : but none that wait and hope for thee shall ever be confounded.

4 Direct me in thy ways, O LORD : and teach me thy paths.

5 Exercise me in thy truth, and teach me : for thou art the God of my salvation.

**6** **F**or thee do I wait and hope : all the day long.

**7** **G**o not back from remembering, O LORD, thy tender mercies and thy loving-kindnesses : which have been ever of old.

**8** **H**old not in remembrance the sins and offences of my youth : but according to thy loving-kindness think thou upon me, for thy goodness' sake, O LORD.

**9** **I**n the LORD is grace and upright is he : therefore doth he instruct sinners in the way.

**10** **J**ustly will he guide in practice of right them that are meek : and such as are gentle, them will he teach his way.

**11** **L**

**12** **M**erciful be thou, O LORD, for thy Name's sake : pardon mine iniquity, for it is great.

**13** **R**ote ye the man that feareth the LORD : him shall he instruct in the way that he should choose.

**14** **O**bserve how he shall dwell

at ease : and his seed shall inherit the land.

**15** **P**lain is the friendly converse of the LORD with them that fear him : and he will make them to know his covenant.

**16** **R**aised are mine eyes and ever looking unto the LORD : for he it is who will bring forth my feet out of the net.

**17** **S**orrows have taken hold of my heart : O set thou me at large and bring thou me out of my troubles.

**18** **T**urn thee unto me, and be gracious unto me : for I am desolate, and in misery.

**19** **A**Upon mine adversity and my misery do thou look : and forgive me all my sins.

**20** **V**ery many are mine enemies : look how they bear a tyrannous hate against me.

**21** **W**atch thou over and guard my soul, and deliver me : let me not be confounded, for I have taken refuge in thee.

**22** **Y**ea let mine honesty of purpose and upright dealing preserve me : for I wait and hope in thee.

**23** **R**edeem Israel, O God : out of all his troubles.

PSALM 26. *Judica me, Domine.*

Pleadings of an upright and sincere heart

**B**E thou my Judge, O LORD, for I have walked in honesty of purpose : and in the LORD hath been my trust without wavering.

2 Examine me, O LORD, and prove me : try out my mind and my heart.

3 For thy loving-kindness is ever before mine eyes : and I have walked in thy truth.

4 I have not sat me down with men of falsehood : neither will I have fellowship with the deceitful.

5 I hate the community of evildoers : and will not sit in council among the ungodly.

6 I will wash my hands in

innocency, O LORD : and so would I go to thine altar ;

7 That I may make heard the voice of thanksgiving : and tell of all thy wondrous works.

8 LORD, I love the habitation of thy house : and the place where thy glory dwelleth.

9 O take not away my soul with the sinners : nor my life with the blood-thirsty ;

10 In whose hands are wicked devices : and their right hand is filled with bribes.

11 But as for me, I will walk in honesty of purpose : O redeem me, and be gracious unto me ;

12 Then shall my foot, as I know, stand upon even ground : in full festal assemblage will I bless the LORD.

## DAY 5

## EVENING PRAYER

PSALM 27. *Dominus illuminatio.*

In the sanctuary is security

**T**HE LORD is my light, and my salvation : whom then shall I fear ?

2 The LORD is the stronghold of my life : of whom then shall I be afraid ?

3 Therefore when evil-doers, even mine adversaries, and my foes, came upon me to eat up my flesh : they stumbled and fell.

4 Though an host of men should encamp against me : yet shall not my heart be afraid ;

5 And though there rose up war against me : yet will I put my trust in him.

6 One thing have I asked of the LORD, that will I seek after : even that I may dwell in the house of the LORD all the days of my life,

7 To behold the gracious kindness of the LORD : and to meditate in his temple.

8 For in the time of trouble he treasureth me in shelter : yea, he keepeth me carefully hidden under the covert of his tent, and liftest me up upon a rock of stone.

9 And now will he lift up mine head : above mine enemies round about me.

10 Therefore will I offer in his dwelling sacrifices of joy with great gladness : I will sing, and make melody unto the LORD.

Anxious supplication

11 Hearken unto my voice, O LORD, when I call unto thee : be gracious unto me, and answer me.

12 When thou saidst "Seek ye my face" : my heart replied "Thy face, LORD, will I seek."

13 O hide not thou then thy

face from me : nor thrust "thy servant" away in displeasure.

14 Thou hast been my help : leave me not, neither forsake me, O God of my salvation.

15 Though my father and my mother forsake me : the LORD would take me up.

16 Instruct me in thy way, O LORD : and lead me in the right path, because of them that lie in wait for me.

17 Give me not over into the greed of mine adversaries : for there are false witnesses risen up against me, and such as breathe out violence.

18 Nevertheless I believe verily that I shall yet see and enjoy the goodness of the LORD : in the land of the living.

19 O wait thou for the LORD : be strong, and let thine heart take courage ; yea, wait thou for the LORD.

PSALM 28. *Ad te, Domine.*

For deliverance in national pestilence

**U**NTO thee do I call, O LORD my strength, be not thou deaf unto me : lest, if thou be silent and make as though thou hearest not, I become like them that go down to Corruption.

2 Hear the voice of my supplications, when I cry for help unto thee : when I lift up my hands toward the innermost place of thy sanctuary.

3 O draw me not away with the ungodly, neither destroy me with the workers of iniquity : who speak friendly to their neighbours, but imagine mischief in their hearts.

4 Give them according to their work : and according to the evil of their own doings.

5 Give them according to the operation of their hands : render to them that they have deserved.

6 Because they regard not in their mind the works of the LORD, nor the operation of his hands : therefore shall he break them down, and not build them up.

7 Blessed be the LORD : because he hath heard the voice of my supplications.

8 The LORD is my strength, and my shield : in him hath my heart trusted, and I am helped.

9 Therefore my heart danceth for joy : and with my song will I thank him.

10 The LORD is a strength

unto his people : and he is the defender and saviour of his anointed.

11 O save thy people, and give thy blessing unto thine inheritance : shepherd them also, and bear them up for ever.

PSALM 29. *Afferte Domino.*

The sevenfold thunder peal

**A**SCRIBE unto the LORD, O ye sons of God : ascribe unto the LORD glory and strength.

2 Ascribe unto the LORD the glory due unto his Name : worship the LORD in holy array.

3 Hark : the voice of the LORD is upon the waters of the storm clouds ; the God of glory thundereth, even the LORD, that ruleth the sea.

4 The voice of the LORD is mighty in operation : the voice of the LORD is full of majesty.

5 The voice of the LORD breaketh the cedar-trees : yea, the LORD breaketh in pieces the cedars of Lebanon.

6 He maketh them also to skip like a calf : Lebanon also, and Sirion, like a young wild ox.

7 The voice of the LORD heweth the rocks, yea, heweth them with flames of fire : the voice of the LORD shaketh the wilderness, yea, the LORD shaketh the wilderness of Kadesh.

8 The voice of the LORD maketh the hinds to be in travail pangs, and strippeth bare the forests : while in his temple

on high doth everthing tell forth and echo his glory.

9 The LORD sitteth throned above the storm-flood : yea, the LORD is enthroned as King for ever.

10 The LORD doth give strength unto his people : the LORD will refresh his people with the blessing of peace.

## DAY 6

## MORNING PRAYER

PSALM 30. *Exaltabo te, Domine.*

On recovery from grievous sickness

**I** WILL extol thee, O LORD, for thou hast raised me up : and not suffered my foes to triumph over me.

2 O LORD my God, I cried for help unto thee : and thou hast healed me.

3 Thou, LORD, hast brought up my soul out of hell : thou didst keep me alive from among them that go down to Corruption.

4 Make melody unto the LORD, O ye his faithful : and give thanks unto his holy Name.

5 For his wrath endureth but the twinkling of an eye : his goodness is life-long.

6 Weeping may come in at

eventide to tarry for a while : but hark, in the morning there is joy and singing.

7 As for me, when I was in prosperity I said Tush, I shall never fall more : (and why? thou, LORD, of thy goodness hadst made my hill so strong).

8 But as soon as thou didst turn thy face from me : I was dismayed;

9 Unto thee, O LORD, did I call : and gat me to my LORD right humbly ;—

10 “What profit is there in my death : if I go down to Corruption?

11 Shall the dust praise thee : or shall it declare thy faithfulness?

12 Hear, O LORD, and have

mercy upon me : LORD, be thou my helper."

13 Then didst thou turn for me my mourning into dancing : thou didst loose my sackcloth, and gird me with gladness.

14 To the end that my soul might make melody unto thee and not be silent : O LORD, my God, I will give thanks unto thee for ever.

PSALM 31. *In te, Domine, speravi.*

When I am weak, then am I strong  
(1-4, duplicate = Ps. 71. 1-3)

**I**N thee, O LORD, have I taken refuge : let me never be put to confusion, rescue thou me in thy righteousness.

2 Incline thine ear unto me : make haste to deliver me.

3 Be thou to me a stronghold rock, a fastness home : that thou mayest save me.

4 For thou art my strong rock, and my castle : therefore, for thy Name's sake lead and guide me thereunto.

5 Bring me forth out of the net, that they have laid privily for me : for thou art my stronghold.

6 Into thy hand I commend my spirit : for thou hast re-

deemed me, O LORD, thou God of truth.

7 Thou hatest them that hold of lying vanities : but as for me, in the LORD is my trust.

8 I will be glad, and rejoice in thy loving-kindness : for thou hast seen mine affliction, and hast taken knowledge of the distresses of my soul.

9 Thou hast not shut me up into the hand of the enemy : but hast set my feet at liberty in a broad place.

10 Be gracious unto me, O LORD, for I am in distress : and mine eye wasteth away with very heaviness ; yea, my soul and my body.

11 For my life is spent in grief : and my years in sighing.

12 My strength faileth me, because of the punishment for mine iniquity : and my bodily frame is wasted away, because of all mine adversaries.

13 I am become the butt of scorn and a shaking of the head to my neighbours : and a horror unto my familiar friends ; they that see me abroad, convey themselves away from me.

14 I am clean forgotten, as a

dead man out of mind : I am become like a broken and cast-away vessel.

15 For I hear the defaming of many, there is Terror on every side : they have gathered a council together against me, and are purposed to take away my life.

16 But as for me, on thee do I trust, O LORD : I have said, Thou art my God.

17 My times are in thy hand : deliver me from the hand of mine enemies, and from them that persecute me.

18 Shew "thy servant" the light of thy countenance : and save me in thy loving-kindness.

19 O LORD, let me not be confounded, for I have called upon thee : let rather the ungodly be brought to confusion, and be put to silence in the Under-world.

20 Let the lying lips be put to silence : which cruelly, disdainfully, and despitefully, speak against the righteous.

21 O how great and manifold is thy goodness, which thou

hast laid up for them that fear thee : O what things bringest thou to pass for them that take refuge in thee, even before the children of men!

22 Thou keepest them carefully hidden under the covert of thine own presence from the plottings of all men : thou treasurest them in shelter from the strife of tongues.

23 Blessed be the LORD : for he hath shewed me marvellous great kindness as though I were in an entrenched city.

24 But I—when sudden alarm came upon me—said : "I am cast out of the sight of thine eyes."

25 Nevertheless, thou heardest the voice of my supplications : when I cried for help unto thee.

26 O love the LORD, all ye his faithful : for the LORD observeth faithfulness, and plenteously rewardeth he the proud doer.

27 Be strong, therefore, and let your heart take courage : all ye that hope and wait for the LORD.

## DAY 6

## EVENING PRAYER

PSALM 32. *Beati, quorum.*

The joy of confession and reconciliation

**H**APPY are they whose wilful transgression is forgiven : and whose sin and failure are pardoned.

2 Happy is the man unto whom the **LORD** reckoneth not guilt : and in whose spirit there is no guile or self-deception.

3 While I kept silence my bodily strength wasted away : through the upbraiding of conscience all the day long.

4 For both by day and by night thy hand was heavy upon me : and my freshness and vigour were burnt up as with a drought in summer.

5 Then did I acknowledge my sin unto thee : and mine iniquity did I not hide.

6 I said, "I will confess my wilful transgressions unto the **LORD**" : and thou—thou forgavest the guilt of my sin.

7 For forgiveness like this let every one that is faithful pray

unto thee, in time of distress : though the sound of greatwaters at their outburst be loud they shall not reach unto him.

8 Thou art a shelter unto me, thou wilt guard me from trouble : thou wilt compass me about with shouts of deliverance.

God's reply to the penitent

9 I will instruct thee, and teach thee in the way wherein thou shouldest go : I will counsel thee, keeping mine eye upon thee.

10 Be not ye now like horse or like mule, that have no understanding : whose mouths thou must hold with bit and with bridle, else will they not obey thee.

11 Many a scourge doth await the ungodly : but whoso putteth his trust in the **LORD**, loving-kindness embraceth him on every side.

12 Be glad in the **LORD** and rejoice, O ye righteous : and be joyful, all ye that are upright in heart.

PSALM 33. *Exultate, justi.*

Thanksgiving for national guidance

**R**EJOICE in the LORD, O ye righteous : it becometh well the upright to be thankful.

2 Give thanks unto the LORD with harp : make melody unto him with the lute, and instrument of ten strings.

3 Sing him a new song : yea, play skilfully unto him and with a good courage.

4 For the word of the LORD is upright : and all his work is done in faithfulness.

5 He loveth righteousness and justice : the earth is full of the loving-kindness of the LORD.

6 By the word of the LORD were the heavens made : and all the host of them by the breath of his mouth.

7 He gathereth the waters of the sea together, as it were upon an heap : and layeth up the deeps as in a treasure-house.

8 Let all the earth fear the LORD : stand in awe of him, all ye that dwell in the world.

9 For look, what he saith, it is done : and look, what he commandeth, it standeth fast.

10 The LORD bringeth the

counsel of the nations to naught : and maketh the purposes of the peoples to be of none effect.

11 But the counsel of the LORD standeth fast for ever : and the purposes of his heart from generation to generation.

12 Happy is the nation whose God is the LORD : the people that he hath chosen to him for an inheritance.

13 The LORD looketh forth from heaven : and beholdeth all the children of men ;

14 From his sure-set throne : he looketh intently upon all them that dwell on the earth ;

15 Even he that alone fashioneth the hearts of them all : and hath discernment of all their works.

16 A king is not saved by his own great host : neither is any mighty man delivered by his own mere strength.

17 A war-horse may be but a vain thing to save a man : it is not the power of his strength that can win escape in defeat.

18 Behold, the eye of the LORD is upon them that fear him : and upon them that wait and hope for his loving-kindness ;

**19** That he may deliver their soul from death : and keep them alive in the time of dearth.

**20** Let our soul then patiently abide the LORD : for he is our help, and our shield.

**21** So shall our heart rejoice in him : because we have trusted in his holy Name.

**22** Let thy loving-kindness, O LORD, be upon us : according as we have waited and hoped in thee.

PSALM 34. *Benedicam Domino.*  
The Lord's grace and care for the leal  
**E**T all times will I bless the LORD : his praise shall continually be in my mouth.

**2** Because my soul doth glory in the LORD : the humble shall hear thereof, and be glad.

**3** Come and praise the LORD with me : and let us magnify his Name together.

**4** Diligently I sought the LORD, and he answered me : yea, he rescued me from all my terrors.

**5** Enlightened were they that looked unto him : and their faces shall never be abashed, or they be disappointed.

**6** Great was the cry of this

poor man, and the LORD heard him : yea, and saved him out of all his distresses.

**7** Help cometh to them that fear him : the angel of the LORD encampeth round about them and delivereth them.

**8** Indeed happy is the man that taketh refuge in him : O taste and see the LORD is good.

**9** Keep the fear of the LORD, ye that are his faithful : for they that fear him lack nothing.

**10** Lions do lack, and suffer hunger : but they who seek the LORD shall want no manner of thing that is good.

**11** My children, come hither and hearken unto me : I will teach you the fear of the LORD.

**12** Needs must the man that delighteth in life : and would fain see good days,

**13** Order his tongue from evil : and his lips, that they speak no guile;

**14** Put away evil, and do good : seek peace, and pursue it.

**15** Regard have the eyes of the LORD for the righteous : and his ears are open unto their cry for help.

**16** Set is the countenance of

the **LORD** against them that do evil : to root out the remembrance of them from the earth.

17 The righteous cry for help, and the **LORD** hearkeneth : and rescueth them out of all their distresses.

18 Unto them that are of a broken heart the **LORD** is nigh : and he saveth such as be of a contrite spirit.

19 Very many are the misfortunes of the righteous : but

the **LORD** delivereth him out of them all.

20 Watching, he keepeth all his bones : so that not one of them is broken.

21 Yet misfortune shall slay the ungodly : and they that hate the righteous shall go to ruin.

22 The **LORD** doth ransom the soul of "his servants": and none of them that take refuge in him shall ever rue it.

## DAY 7

## MORNING PRAYER

PSALM 35. *Judica, Domine.*

Against violent injustice, malice and wrong

**P**LEAD thou my cause, O **LORD**, with them that implead me : outfight thou them that fight against me.

2 Lay hand upon the shield and buckler : and stand up to help me.

3 Draw out also the spear, and stop the way against them that pursue me : say unto my soul, I am thy salvation.

4 Let them be confounded, and brought to dishonour, that seek after my soul : let them be turned back, and brought

to confusion, that devise my hurt.

5 Let them be as the chaff before the wind : and the angel of the **LORD** driving them on.

6 Let their way be all dark and slippery : and the angel of the **LORD** pursuing them.

7 For without cause have they privily laid their net to destroy me : yea, even without cause have they made a pitfall for my soul.

8 Let ruin seize him unawares, and his net, that he hath laid privily, catch himself : and the pit that he hath dug let him fall therein himself.

9 So shall my soul be joyful in the LORD : and rejoice in his salvation.

10 With the whole strength of my being would I say, LORD, who is like unto thee, who deliverest the poor from him that is too strong for him : yea, the poor and the needy from him that robbeth him?

11 Violent witnesses rise up : concerning things whereof I know nothing do they question me.

12 They reward me evil for good : to the great discomfort of my soul.

13 Nevertheless, when they were sick, I put on sackcloth, and humbled my soul with fasting : and my prayer may it return into mine own bosom.

14 I behaved myself as though it had been my friend, or my brother : I went heavily, as one that mourneth for his mother.

15 But at mine adversity they rejoice, and gather themselves together : yea, a very rabble of men whom I know not come together against me, making unceasingly as though to rend me.

16 Like profane buffoons and greedy sycophants : they gnash upon me with their teeth.

17 LORD, how long wilt thou look on at this : O rescue my soul from their roarings, and my dear life from the young lions.

18 So will I give thee thanks in the great assembly : I will praise thee among much people.

19 O let not them that are mine enemies wrongfully triumph over me : neither let them wink with the eye each to other that hate me without cause.

20 And why? their communing is not for peace : but they devise deceitful plots against them that are quiet in the land.

21 They derisively open wide their mouth against me and say : There, there, our eye hath seen its desire.

22 This thou hast seen, O LORD, keep not still silence : O Lord, be not far from me.

23 Arouse thee, and awake for my judgement : O my God and my Lord for my cause.

24 Judge me, O LORD my God, according to thy right-

eousness : and let them not triumph over me.

25 Let them not say in their heart, There, there, this is just what we wanted : neither let them say, We have swallowed him up.

26 Let them be put to confusion and shame together, that rejoice at my hurt : let them be clothed with shame and honour, that boast themselves against me.

27 But let them be glad and rejoice, that delight in my righteous cause : yea, let them say alway, Blessed be the LORD, who hath delight in the prosperity of "his servant."

28 And as for my tongue, it shall be talking of thy righteousness : and all the day long of thy praise.

#### PSALM 36. *Dixit injustus.*

The rise and progress of sin

**T**HAT God is not, is sin's own oracle to the ungodly man within his heart : there is no dread of God before his eyes.

2 For he flattereth himself in his own sight : that his guilt will not be found out, and he be hated.

3 So, the words of his mouth are unrighteous, and full of deceit : he leaveth off to behave himself wisely, and to do good;

4 Then, deviseth he mischief upon his bed, and hath taken his stand upon the way that is not good : neither at last, doth he shrink from any thing that is evil.

The abiding love of God

5 Thy loving - kindness, O LORD, reacheth unto the heavens : and thy faithfulness even unto the skies.

6 Thy righteousness standeth like the strong mountains, thy judgements are like the broad sea : thou, LORD, dost save both man and beast.

7 How precious is thy loving-kindness, O God : and the children of men take refuge under the shadow of thy wings.

8 They shall be satisfied with the plenteousness of thy house : and thou shalt give them to drink of the stream of thy pleasures.

9 For with thee is the well-spring of Life : and in thy light do we see light.

10 O continue forth thy loving-

kindness unto them that know thee : and thy righteousness unto them that are upright in heart.

11 O let not the foot of pride overtake me : and let not the

hand of the ungodly drive me forth from hearth and home.

12 There, there, are they fallen, all the workers of iniquity : they are thrust down, and shall not be able to rise again.

## DAY 7

## EVENING PRAYER

PSALM 37. *Noli æmulari.*

Fret not nor worry, but trust

**G**AINST the evil-doers be not thou envious : neither fret thou thyself because of the ungodly.

2 For they shall soon fade away like the grass : and wither even as the green herb.

3 Be doing good, and put thou thy trust in the LORD : dwell quietly in the land, and follow after faithfulness.

4 So shalt thou delight thee in the LORD : and he will grant thee thy heart's desire.

5 Commit thy way unto the LORD, and put thy trust in him: and he, even he, will bring it to pass;

6 He will make thy righteousness as clear as the light : and thy just dealing as the noon-day.

7 Do thou be resigned to the

LORD : and wait patiently for him.

8 But fret not thyself at one whose way doth prosper : against the man that bringeth wicked devices to pass.

9 Eschew wrath, and let go hot displeasure: fret not thyself, else shalt thou be moved to do evil.

10 Evil-doers shall be rooted out : but they that patiently wait for the LORD, those shall inherit the land.

11 For yet a little while, and the ungodly will be clean gone : thou shalt look after his place, and he will be away.

12 But the meek shall inherit the land : and shall be refreshed in the abundance of peace.

13 Go to, ye ungodly that plot against the righteous : and threateningly gnash upon him with your teeth;

14 The Lord doth laugh you

to scorn : for he foreseeth that the day of your fall is coming.

15 Have the ungodly drawn out the sword, and bent their bow : to cast down the poor and needy, and to slay such as are upright in way?

16 Their sword shall go through their own heart : and their bows shall be broken.

17 Is not the little that one righteous man hath : better than the abundant wealth of many wicked.

18 For the arms of the wicked shall be broken : but the LORD upholdeth the righteous.

19 Just is the LORD, and he regardeth with loving care the days of them that are whole-hearted : and their inheritance shall endure for ever.

20 They shall not be confounded in the perilous time : and in the days of dearth they shall have enough.

21 Know for sure that the ungodly will end in ruin : and the enemies of the LORD shall be as quickly fading flowers of spring.

22 Yea, even as the mist when the sun ariseth : so shall they vanish away.

23 Lo, the ungodly borroweth, and doth not pay it back : but the righteous dealeth graciously, and giveth ;

24 For such as be blessed of God shall inherit the land : and they whom he curseth shall be rooted out.

25 Moreover, the LORD ordereth a good man's going : and maketh his way acceptable to himself.

26 Though he fall, he shall not be hurt : for the LORD upholdeth him with his hand.

27 Never, though I have been young, and now am old, have I seen the righteous forsaken : nor his seed begging their bread.

28 All the day long he dealeth graciously and lendeth : and his seed is blessed.

29 Oh put away evil, and do the thing that is good : and dwell for evermore.

30 For the LORD loveth the thing that is right : he forsaketh not his that be godly.

31 Preserved are they for ever : but as for the seed of the ungodly, it shall be rooted out.

32 The righteous shall inherit

the land : and dwell therein for ever.

33 Righteous men utter wisdom with their lips : and their tongue pronounceth true judgement.

34 The law of their God is in their heart : and none of their steps be unsteady.

35 See how the ungodly watcheth for the righteous : and seeketh occasion to slay him.

36 But the LORD will not leave him in his hand : nor suffer him to be condemned when he is judged.

37 Trust and wait thou for the LORD, and keep his way : and he shall so promote thee, that thou shalt inherit the land.

38 And when the ungodly are cut off : thou shalt see it.

39 Ungodly oppressors have I seen in great and terrible power:

## DAY 8

## MORNING

PSALM 38. *Domine, ne in furore.*  
Prayer in acute anguish and suffering

PUT me not to rebuke, O LORD, in thine anger : neither chasten me in thy heavy displeasure.

2 For thine arrows have gone down deep into me : and thy

and spreading themselves like a leafy tree in its native soil.

40 I passed by,—and lo, he was gone : I sought him, but he could no where be found.

41 View the whole-hearted man and take heed unto the upright : how there is a future for the man of peace at the last.

42 But as for the transgressors, they shall go to ruin together : and the future of the ungodly is, that they shall be rooted out at the last.

43 Ye, verily, the salvation of the righteous cometh of the LORD : who is also their stronghold in the time of trouble.

44 And the LORD shall stand by them, and rescue them : he shall rescue them from the ungodly, and shall save them, because they have put their trust in him.

## PRAYER

hand hath come down heavily upon me.

3 There is no whole part in my flesh, because of thine indignation : neither is there any health in my bodily frame, because of my sin.

4 For mine iniquities are gone

over my head : and are like a sore burden, too heavy for me to bear.

5 My wounds are noisome, and fester : because of my foolishness.

6 I am brought into so great trouble and misery : that I go moaning all the day long.

7 For my loins are filled with a burning fever : and there is no whole part in my body.

8 I am benumbed, and sore bruised : I have roared by reason of the disquietness of my heart.

9 Lord, thou knowest all my desire : and my groaning is not hid from thee.

10 My heart throbeth, my strength hath failed me : and the light of mine eyes is gone from me.

11 My lovers and my friends stand aloof from my stroke : and my kinsmen stand away afar off.

12 They also that seek after my life lay snares for me : and they that go about to do me evil talk of utter ruin, and meditate deceits all the day long.

13 But as for me, I am like a

deaf man, and hear not : and as one that is dumb, who doth not open his mouth;

14 Yea, I am become even as a man that heareth not : and in whose mouth is no reply.

15 For in thee, O LORD, do I wait and hope : thou, even thou, wilt answer, O Lord my God.

16 For I said, Hear me, lest they, even mine enemies, should triumph over me : when my foot slippeth, they rejoice greatly against me.

17 And I, truly, am ready to halt : and my pain forsaketh me never.

18 For I do acknowledge mine iniquity : and am sorry for my sin.

19 But mine enemies without cause are mighty : and they that hate me wrongfully are many in number.

20 They also that reward me evil for good are mine adversaries : because I follow the thing that good is.

21 Forsake me not, O LORD : O my God, be not thou far away from me.

22 Haste thee to help me : O Lord, my salvation.

PSALM 39. *Dixi, Custodiam.*

The Pathos of human life

**I** SAID, I will take heed to my ways : that I offend not with my tongue.

2 I will keep a muzzle on my mouth : while the ungodly is still before me.

3 So I held my tongue, and spake nothing, I kept silence : but had no comfort, it was pain and grief to me.

4 My heart waxed hot within me, and while I was thus musing the fire kindled : and at the last I spake with my tongue ;

5 "LORD, let me consider mine end, and the measure of my days what it is : let me be ware how short a time I have to live.

6 Behold, thou hast made my days as it were but a span long, a human lifetime is even as nothing in respect of thee : verily every man at his best estate is altogether vanity.

7 Surely as a mere phantom doth each man walk to and fro : surely for mere vanity do they boisterously toil and moil.

8 One heapeth up riches : and

cannot tell who shall gather the hoard."

9 Now therefore, O Lord, what wait I for : truly my hope is even in thee.

10 Deliver me from all my transgressions : and make me not the scorn of the foolish.

11 I am dumb, and will not open my mouth : because it is thou, even thou, that hast done it.

12 Remove thy stroke from off me : it is by the blow of thy heavy hand that I am even consumed.

13 When thou with rebukes dost chasten a man for iniquity, thou makest his beauty to consume away, like as it were a moth fretting a garment : every man surely is naught but a breath.

14 Hear my prayer, O LORD, and give ear unto my cry for help : make not as though thou sawest not my tears.

15 Surely, in thy sight am I, and thou knowest this is not my home : I am but a sojourner here, as all my fathers were.

16 Avert thy frown from me, that I may smile again and yet be cheered : before I go hence, and be no more.

PSALM 40. *Expectans expectavi.*

Affliction bringeth near to God, and giveth deeper insight into his will

**I** WAITED, yea, I waited patiently for the LORD : and he inclined his ear unto me, and heard my cry for help.

2 He brought me up out of the roaring pit, out of the mire and clay : he set my feet upon the rock, and made firm my goings.

3 And he hath put a new song of praise in my mouth : even thanksgiving unto our God.

4 Many will see, and fear : and put their trust in the LORD.

5 Happy is the man that hath put his trust in the LORD : and hath not turned unto the proud, nor unto such as fall away treacherously.

6 O LORD my God, many and great are the wondrous works which thou hast done : and in thy purposes towards us there may none be likened unto thee!

7 I would declare them, and speak of them : but they are so many, that they cannot be told.

8 Sacrifice and meal-offering

thou hast no delight in, mine ears hast thou opened to listen and obey : whole burnt-offering and sin-offering are not what thou askest for.

9 Then said I, Behold, here am I, ready to fulfil thy behests : in the roll of the book is my duty written.

10 To do thy will, O my God, is my delight : yea, thy law is within my inmost heart.

11 I have told the glad tidings of thy righteousness in the great assembly : lo, I did not restrain my lips, O LORD, and that thou knowest.

12 I have not hid thy righteousness within my heart : my talking hath been of thy faithfulness, and of thy salvation.

13 I have not concealed thy loving-kindness and thy truth : from the great assembly.

14 Thou too, O LORD, wilt not restrain thy compassions from me : let thy loving-kindness and thy truth alway preserve me.

15 For now innumerable evils overwhelm me like a flood : mine iniquities have overtaken me that I am not able to look up ;

16 Yea, they are more in

number than the hairs of my head : and my heart hath failed me.

(17-22, duplicate = Ps. 70)

17 O LORD, let it be thy pleasure to deliver me : make haste, O LORD, to help me.

18 Let them be ashamed, and confounded together, that seek after my life to sweep it away : let them be turned backward, and brought to dishonour, that delight in my hurt.

19 Let them be dumbfounded,

because of their disappointment : that do now say unto me, There, there.

20 But let all those that seek thee be joyful and glad in thee : and let all such as love thy salvation say continually, The LORD be praised.

21 As for me, I am poor and needy : yet the Lord thinketh upon me.

22 Thou, even thou, art my help and my deliverer : O my God, make no long tarrying.

## DAY 8

## EVENING PRAYER

### PSALM 41. *Beatus qui intelligit.*

Loneliness in sickness

**H**APPY is he that considereth the poor and needy : the LORD will deliver him in the time of trouble.

2 The LORD will preserve him, and keep him alive, that he may be happy in the land : and give thou not him over unto the greed of his adversaries.

3 The LORD will support him, when he lieth sick upon his bed : nay, thou hast already turned his sickness into health.

4 As for me I said, LORD, be

gracious unto me : heal me body and soul, for I have sinned against thee.

5 But mine enemies wish me evil : When will he die, and his name perish?

6 Though if one of them come in to see me, he feigneth friendship and speaketh insincerity : his heart conceiveth malice within himself, and when he goeth forth he giveth it speech.

7 All they that hate me whisper together against me : even against me do they imagine evil for me.

8 "A fell disease," say they,

"hath got hold of him and cleaveth fast unto him : and now that he lieth, he will rise up no more."

9 Yea, even mine own familiar friend, whom I trusted : who did also eat of my bread, hath lifted up his heel against me.

10 But thou, O LORD, be thou gracious unto me : raise thou

13 Blessed be the LORD, from everlasting to everlasting.

me up again, that I may give them their due reward.

11 By this shall I know that thou delightest in me : that mine enemy doth not shout in triumph over me.

12 And as for me, because of my honesty of purpose, thou wilt hold me fast : and set me before thy face for ever.

the God of Israel : from Amen, and Amen.

### THE SECOND BOOK. Pss. 42 to 72. GENERALLY NATIONAL.

#### PSALM 42. *Quemadmodum.*

Yearning for home

LIKE as the hart panteth after the water-brooks : so panteth my soul after thee, O God.

2 My soul is athirst for God, yea, even for the Living God : when shall I come home and see God face to face?

3 My tears have been my bread day and night : while they daily say unto me, Where is thy God?

4 Now when I think thereupon, I pour out my heart by myself : how I was wont to pass along with the throng, and

lead them slowly up unto the house of God;

5 With the voice of praise and thanksgiving : a festal multitude on pilgrimage.

6 Why art thou so full of heaviness, O my soul : and why art thou so disquieted within me?

7 O wait and hope thou in God : for I shall yet give him thanks, who is the health of my countenance, and my God.

8 My soul is cast down within me : therefore do I remember thee here from the land of Jordan, and the Hermon peaks,

9 Where, on the rugged fell

one ravine is calling to another : with the roar of their cataracts.

10 Even so too all thy breakers and thy roll of waters : are going over me.

11 Yet the LORD used to give his loving-kindness charge concerning me in the day-time : and in the night-season did I sing of him, and make my prayer unto the God of my life.

12 O let me say unto God my Rock, Why hast thou forgotten me : why go I thus heavily, while the enemy oppresseth me?

13 My frame is racked with pangs that conquer trust as with a sword : while mine adversaries taunt me bitterly :

14 Namely, while they say daily unto me : Where is thy God?

15 Why art thou so full of heaviness, O my soul : and why art thou so disquieted within me?

16 O wait and hope thou in God : for I shall yet give him thanks, who is the health of my countenance, and my God.

PSALM 43. *Judica me, Deus.*

**R**IIGHT me, O God, and defend my cause against a pitiless nation : O rescue me from crafty and crooked men.

2 For thou art my stronghold God; why hast thou cast me off : and why go I so heavily, while the enemy oppresseth me?

3 O send out thy Light and thy Truth, that they may lead me : and bring me home unto thy holy hill, and to thy dwelling;

4 That I may come again unto the altar of God, even unto God, my joy and gladness : and upon the harp will I give thanks unto thee, O God, my God.

5 Why art thou so full of heaviness, O my soul : and why art thou so disquieted within me?

6 O wait and hope thou in God : for I shall yet give him thanks, who is the health of my countenance, and my God.

## DAY 9

## MORNING PRAYER

PSALM 44. *Deus, auribus.*

Lament in national disaster

**W**E have heard with our ears, O God, our fathers have told us : what thou hast done in their time, even in the days of old ;

2 How thou with thine own hand didst uproot the nations, and plant them in : how thou didst hew down the peoples, and make Israel to spread abroad.

3 For not through their own sword gat they the land in possession : neither was it their own arm that brought them the victory ;

4 But thy right hand, and thine arm, and the light of thy countenance : because thou hadst pleasure in them.

5 It was thou, even thou, my King, O God : that didst ordain the victories of Jacob.

6 Through thee did we thrust back our foes : and in thy Name did we tread them under, that rose up against us.

7 For not in my bow will I trust : it is not my sword that can win me the victory.

8 But it is thou that didst save us from our foes : and didst put them to confusion that hate us.

9 To God have we ever continually given the praise : and unto thy Name will we for ever give thanks.

10 And yet now thou hast cast us off, and brought us to confusion : and goest not forth with our armies.

11 Thou makest us to turn our backs before our foes : so that they which hate us plunder at their will.

12 Thou lettest us be butchered like sheep : and hast scattered us among the nations.

13 Thou sellest thy people for naught : and takest no gain by their price.

14 Thou makest us to be the jeer of our neighbours : to be laughed to scorn, and had in derision of them that are round about us.

15 Thou makest us to be a very by-word among the nations : and that the peoples shake their heads at us.

16 All the day long is my

dishonour before me : and the shame of my face hath covered me;

17 At the voice of the scoffer and blasphemer : at the mien of the enemy and the revengeful.

18 And though all this be come upon us, yet have we not forgotten thee : nor have we been false to thy covenant.

19 Our heart is not turned back : neither have our steps gone out of thy way ;

20 That thou shouldst therefore have crushed us down on the field of battle, a prey where the jackals roam : and covered us with the shadow of death.

21 If we had forgotten the Name of our God, or spread forth our hands to any strange god : would not God find it out? for he—he knoweth the very secrets of the heart.

22 Nay, but for thy sake is it that we are killed all the day long : and are accounted as sheep for the slaughter.

23 Awake, why sleepest thou, O Lord : arouse thee, and cast us not off for ever.

24 Wherefore is it that thou

hidest thy face : wilt thou clean forget our misery and our oppression?

25 For our soul is bowed down even unto the dust : we be utterly prostrate and crushed.

26 Arise, for our help : and set us free for thy loving-kindness' sake.

PSALM 45. *Eructavit cor meum.*  
Ideal of kingly virtues and moral rule

**M**Y heart is astir with a goodly matter : I address my work unto the King.

2 My tongue is the pen : of a ready writer.

#### The Bridegroom

3 Thou art the fairest among the children of men : full of grace are thy lips, therefore God hath blessed thee for ever.

4 Gird thee with thy sword upon thy thigh, O Mighty Champion : gird on thy glory and thy majesty.

5 Good luck have thou with thine honour : ride on, and press through on behalf of truth, of meekness, and of righteousness; and may thy right hand teach thee to do wondrous things.

6 Sharp be thine arrows, and

may nations fall under thee : pierced to the heart be the foes of the King.

7 Thy throne be as God's throne for ever and ever : a sceptre of equity be the sceptre of thy kingdom.

8 Thou hast loved righteousness, and hatest iniquity : therefore it is that God, even thy God, hath anointed thee with the oil of gladness above thy fellows.

9 All thy garments smell of myrrh, aloes, and cassia : the music of stringed instruments out of the ivory palaces doth welcome thee home with joy.

10 Kings' daughters go in thy goodly array : upon thy right hand doth stand the queen mother in gold of Ophir, and thus doth she bid,

The Bride

11 "Hearken, O daughter, see and behold, incline thine ear : forget also thine own people, and thy father's house;

12 So shall the King have

pleasure in thy beauty : for he is thy lord, to him be due homage from thee.

13 Lo, the daughter of Tyre is there with gifts for thee : yea the wealthiest of the peoples of the earth shall sue for thy favour."

14 Sheer splendour is the King's daughter as she cometh forth from her tiring within : her clothing is of chequerwork inwrought with gold.

15 She shall be escorted unto the King over richly woven carpets : the maidens that be her fellows bear her company, and are brought unto thee.

16 With joy and gladness shall they be escorted : and go in unto the King's palace.

17 Unto the place of thy fathers may thy sons succeed : whom mayest thou set as princes throughout all the earth.

18 I will make thy name to be remembered from one generation to another : therefore shall the peoples give thanks unto thee, world without end.

PSALM 46. *Deus noster refugium.*

True source of power is the Invisible

**G**OD is our refuge and strength : a very present help in trouble.

2 Therefore will we not fear, though the earth be moved : and though the hills be carried into the midst of the sea.

3 Though the waters thereof are in tumult and foam : and though the mountains shake at the proud swelling of the same.

4 The LORD of hosts is with us : the God of Jacob is our sure defence.

5 There is a river of the water of life, the quiet streams whereof make glad the City of God : the holiest dwelling-place of the Most High.

6 God is in the midst of her, therefore shall she not be

moved : God shall help her, at morning dawn.

7 Nations are in tumult, kingdoms make much ado : God's thunders peal, the earth doth melt away.

8 The LORD of hosts is with us : the God of Jacob is our sure defence.

9 O come hither, and behold the works of the LORD : what wondrous things he hath wrought upon the earth.

10 He maketh wars to cease in all the world : he breaketh the bow, and knappeth the spear in sunder, and burneth the war wagons in the fire.

11 "Be still, and know that I am God : I will be exalted among the nations, and I will be exalted in the earth."

12 The LORD of hosts is with us : the God of Jacob is our sure defence.

## DAY 9

## EVENING PRAYER

PSALM 47. *Omnis gentes, plaudite.*

The Universal King

**O** CLAP your hands together, all ye peoples : O shout unto God with the voice of triumph.

2 For the LORD the Most High and dread : is the great King over all the earth.

3 He subdued peoples under us : and nations under our feet.

4 He chose out our heritage for

us : even the land that was the pride of Jacob, whom he loved.

5 God is gone up on high with a merry noise : and the LORD with the sound of the trump.

6 O make melody unto our God, make melody : O make melody unto our King, make melody.

7 For God is the King of all the earth : make ye melody with a skilful strain.

8 God doth reign over the nations : God hath taken his seat upon his holy throne.

9 The princes of the peoples are gathered together to be the people of the God of Abraham : for to God, our shield, exalted on high, doth the whole world belong.

PSALM 48. *Magnus Dominus.*

The City of God

**G**REAT is the LORD, and highly to be praised : in the City of our God, even upon his holy hill.

2 Beautiful in elevation, and the joy of the whole earth is mount Sion : upon the north-side lieth the citadel of the great King;

3 In her palaces : God hath

made himself known as a sure defence.

4 For lo, the kings assembled themselves : and came onward together.

5 They saw, were straightway amazed : were affrighted, and fled in alarm.

6 Shuddering took hold of them there : pangs, as of a woman in travail.

7 They were wrecked : as thine east-wind wrecketh the giant ships of the sea.

8 Like as we had heard, so see we now in the City of the LORD of hosts, in the City of our God : that God will uphold the same for ever.

9 In the midst of thy Temple, O God : do we meditate on thy loving-kindness ;

10 According unto thy Name, O God, so is thy praise unto the world's end : thy right hand is full of righteousness.

11 Let the mount Sion rejoice, and the daughters of Judah be glad : because of thy judgments.

12 Walk about Sion, and go round about her : and reckon up the towers thereof.

13 Mark ye well her bulwarks unscathed, go to and fro within her palaces : that ye may tell them that come after.

14 For this God is our God for ever and ever : he, even he, will be our guide to all eternity.

PSALM 49. *Audite haec, omnes.*  
What shall it profit a man to gain the whole world

O HEAR ye this, all ye peoples : ponder it with your ears, all ye that dwell in this fleeting world ;

2 High and low, rich and poor : one with another.

3 My mouth shall speak of wisdom : and my heart shall muse of understanding.

4 I will incline mine ear to a parable : and propound my dark riddle upon the harp.

5 "Wherefore should I fear in the days of evil : and when the iniquity of them that would supplant me compasseth me round about ?

6 Even of them that put their trust in their wealth : and boast themselves in the multitude of their riches."

7 But none of them can by any means ransom a brother : nor

give unto God the price of his life ;—

8 (For too costly is it to ransom their life : therefore he must let that alone for ever ;)—

9 So that he should live on perpetually : and see not the grave.

10 Truly see he must that even wise men die, as well as the ignorant and foolish : they all perish alike and abandon their wealth unto other.

11 And yet, they think that their houses shall continue for ever, and that their dwelling-places shall endure from one generation to another : and call the lands after their own names.

12 Nevertheless, man doth not abide in honour : he may be compared unto the beasts that are no more.

13 This is the way of them that are self-confident : and the latter end of them that are pleased with their mouthfuls of this life.

14 Like a flock they are ready for folding in Hell, with Death for their shepherd : in the morning the upright awaketh to find that over what was once theirs he now beareth rule.

15 While their forms in the grave waste away : far indeed from their erst lordly dwelling.

16 But God of a surety will ransom my life from Hell's grasp : for he taketh me unto himself.

17 So be not thou fretted, though one waxeth rich : when the wealth of his house be increased ;

18 For he shall carry nothing away with him when he dieth :

neither shall his pomp descend after him.

19 Though while he lived, he counted himself an happy man : —(and so long as thou art in prosperity, men will speak good of thee)—

20 Yet shall he follow the generation of his fathers : who shall never again see the light.

21 Man being in honour without understanding : becometh like unto the beasts that are no more.

## DAY 10

## MORNING PRAYER

PSALM 50. *Deus deorum.*

God's demand for true worship

**T**HE LORD, even the most mighty God, hath spoken : and called the world, from the rising up of the sun, unto the going down thereof.

2 Out of Sion the perfection of beauty : God hath shined forth.

3 Let our God come, and not keep silence : there goeth before him a consuming fire, and a mighty tempest is stirred up round about him.

4 He calleth to the heavens above : and to the earth, that he may judge his people ;—

5 “Gather my faithful together unto me : those that have made a covenant with me by sacrifice ;

6 And the heavens shall declare his righteousness : for God himself is about to judge.”

7 “Hear, O my people, let me speak : let me testify unto thee, O Israel ; God, even thy God am I.

8 Not for thy sacrifices will I reprove thee : truly thy burnt-offerings are continually before me.

9 I will take no bullock out of thine house : nor he-goats out of thy folds.

10 For mine are all the beasts of the forest : and so are the cattle upon a thousand hills.

11 I know all the birds upon the mountains : and all that moveth in the field are in my sight.

12 If I were hungry, I would not tell thee : for the whole world is mine, and all that is therein.

13 Thinkest thou that I will eat bulls' flesh : or drink the blood of goats?

14 Offer unto God the sacrifice of thanksgiving : and so pay thy vows unto the Most High.

15 And call upon me in the time of trouble : I will rescue thee, and thou shalt glorify me."

16 But unto the ungodly saith God : "What right hast thou to talk of my statutes, or to take my covenant in thy mouth ;

17 Whereas thou hatest discipline : and hast cast my words behind thee ?

18 Seest thou a thief, thou joyest in his company : and with the adulterers thou makest common cause.

19 Thou hast let loose thy

mouth for evil : and thy tongue contriveth deceit.

20 Thou sittest and speakest against thy brother : yea, and dost slander thine own mother's son.

21 These things hast thou done, and should I keep silence ? thou thoughtest that I was altogether even such a one as thyself : but I will reprove thee, and set in order before thee the things that thou hast done.

22 O now consider this, ye that forget God : lest I pluck you away, and there be none to deliver.

23 Whoso offereth the sacrifice of thanksgiving, he honoureth me : and to him that ordereth his conduct aright will I shew the salvation of God."

PSALM 51. *Miserere mei, Deus.*

Man's plea in true penitence

**H**AVE mercy upon me, O God, after thy great goodness : according to the multitude of thy mercies do away mine offences.

2 Wash me thoroughly from my wickedness : and cleanse me from my sin.

3 For I acknowledge my trans-

gressions : and my sin is ever before me.

4 Against thee only, against thee have I sinned, and done that which is evil in thy sight : therefore to thee alone is the right of giving sentence, and what thou judgest none can question.

5 Behold, from my birth is my weakness of purpose : and by nature to sin am I prone.

6 But lo, thou requirest truth in the inward parts : make me therefore to understand wisdom in mine inmost heart.

7 Purge me with hyssop, and I shall be clean : wash thou me thoroughly, and I shall be whiter than snow.

8 Oh make me to hear of joy and gladness : that my whole being, now sore crushed by thee, may once again rejoice.

9 Turn thy face from my sins : and put out all my misdeeds.

10 Create me a clean heart, O God : and renew a steadfast spirit within me.

11 Cast me not away from thy presence : and take not thy holy Spirit from me.

12 O give me the joy and com-

fort of thy help again : and uphold me with a spirit ever eager and ready to do right.

13 So will I teach thy ways unto transgressors : and sinners shall return unto thee.

14 Deliver me from death, my due, O God, that art the God of my salvation : and my tongue shall sing aloud of thy righteousness.

15 O Lord, open thou my lips : and my mouth shall shew forth thy praise.

16 For thou delightest not in sacrifice, else would I give it thee : thou hast no pleasure in whole burnt-offering.

17 The sacrifices of God are a broken spirit : a broken and a contrite heart, O God, thou wilt not despise.

18 O be favourable and gracious unto Sion : build thou again the walls of Jerusalem.

19 For then shalt thou delight in the sacrifices of righteousness, in the peace-offering and whole burnt-offering : then shall they offer bullocks upon thine altar.

PSALM 52. *Quid gloriaris?*

The doom of Arrogance

**W**HY boastest thou thyself, thou tyrant : that thou canst do mischief?

2 Whereas the loving-kindness of God : endureth continually.

3 Thy tongue deviseth ruin and death : and with lies thou cuttest like a sharp razor.

4 Thou lovest evil more than good : falsehood more than righteousness.

5 Thou lovest to speak all devouring words : O thou deceitful tongue.

6 Therefore shall God likewise for his part clean tear thee down for ever : he shall grasp thee, and pluck thee out of thy

dwelling, and root thee up out of the land of the living.

7 The righteous also shall see this, and fear : and shall laugh at him, saying,

8 "Lo, there is the man that took not God for his stronghold: but trusted unto the multitude of his riches, and strengthened himself in his wealth."

9 As for me, I am like an evergreen olive-tree in the house of God : my trust is in the loving-kindness of God for ever and ever.

10 I will alway give thanks unto thee because thou hast done it : and declare before the faithful that thy name is good.

## DAY 10

## EVENING PRAYER

PSALM 53. *Dixit insipiens.*

The destroyers of the nation

(Duplicate = Ps. 14)

**T**HE foolish body doth say in his heart : Tush, there is no God.

2 Corrupt are they, and become abominable in their wickedness : there is not one that doeth good.

3 God looked down from

heaven upon the children of men : to see if there were any that would understand, and seek after God.

4 But they are all gone back out of the way, they are altogether become rotten and impure : there is none that doeth good, no not one.

5 Shall they not come to rue their folly all they that are such

workers of iniquity : who live by devouring my people, and call not upon God?

6 There were they brought into panic terror where no fear was : for God hath scattered the bones of him that encamped against thee;

7 Thou didst put them to shame : for God doth bring to naught them that think naught of him.

8 Oh, that the salvation were given unto Israel out of Sion : when God turneth the captivity of his people : then should Jacob rejoice, and Israel be right glad.

**PSALM 54. Deus, in Nomine.**

Prayer in peril from oppression

**S**AVE me, O God, for thy Name's sake : and right me in thy strength.

2 Hear my prayer, O God : and hearken unto the words of my mouth.

3 For aliens are risen up against me : and violent men, which have not God before their eyes, seek after my life.

4 Behold, God is my helper : the Lord is the Upholder of my soul.

5 He will requite their evil unto

them that lie in wait for me : destroy thou them in thy truth.

6 With a free-will offering will I sacrifice unto thee, and give thanks unto thy Name, O LORD : for it is good.

7 For he hath delivered me out of all my distress : and mine eye hath seen its desire upon my spying foes.

**PSALM 55. Exaudi, Deus.**

In distress from faction and party spirit

**H**EAR my prayer, O God : and hide not thyself from my supplication.

2 Attend unto me, and answer me : I am restless in my musing, and distracted.

3 The enemy crieth so, and the ungodly cometh on so fast : for they are minded to do me some mischief; so maliciously are they set against me.

4 My heart is disquieted within me : and the terrors of death are fallen upon me.

5 Fearfulness and trembling are come upon me : and an horrible dread hath overwhelmed me.

6 And I said, O that I had wings like a dove : for then

would I fly away, and be at rest.

7 Lo, then would I get me away far off : and remain in the wilderness.

8 I would haste me there to a shelter : from the stormy wind and tempest.

9 Confound their tongues, O Lord, and divide them in speech : for I have seen Violence and Strife in the city.

10 Day and night they make their round upon the walls thereof : Iniquity and Mischief are in the midst of it.

11 Very Ruin and Death are therein : Oppression and Guile depart not out of their streets.

12 For it is not an open enemy that hath reviled me : for then I could have borne it.

13 Neither is it one that owed me evil will that did threaten me : for then I would hide myself from him.

14 But it is even thou, mine equal : my comrade, and mine own familiar friend.

15 We were wont to hold sweet converse together : and lovingly walked we together in the house of God.

16 Let Ruin seize them, and though now in their full strength, let them be brought to an utter end : for Evil of every kind is in their dwellings, and in their heart.

17 As for me, I will call unto God : and the LORD will save me.

18 In the evening, and morning, and at noon-day will I lament, and make moan : and he—he doth hear my voice.

19 It is he that hath set my soul free and in peace that none should come nigh me : for there were many that strove against me.

20 Yea, even God, that is enthroned from of old, shall hear me, and bring them down : even the men that have no changes of fortune and who fear not God.

21 He put forth his hands against such as were at peace with him : and so he brake his covenant.

22 The words of his mouth were softer than butter, having war in his heart : his words were smoother than oil, and yet be they very swords,—

23 "O cast thy burden of care upon the LORD, and he—he will sustain thee : he will not always leave the righteous in unquietness."—

24 But thou, O God, shalt

bring them down into the pit of destruction.

25 The blood-thirsty and deceitful men shall not live out half their days : but as for me, my trust shall be in thee, O LORD.

## DAY II

## MORNING PRAYER

PSALM 56. *Miserere mei, Deus.*

Trust in God amid danger

**B**E gracious unto me, O God, for man would trample and tread me down : he is daily fighting, and oppressing me.

2 All the day long they that lie in wait for me are busying themselves to tread me under their feet : for they be many that haughtily fight against me.

3 Nevertheless, though I am sometime afraid : yet put I my trust in thee.

4 I will praise God, because of his word of promise : in God have I put my trust, I will not fear; what can flesh do unto me?

5 All the day long they distort my words : all their thoughts are against me for evil.

6 They hold all together, and keep themselves close : and

mark my steps, how they may lay wait for my life.

7 Shall they escape for their iniquity : do thou, O God, in thy displeasure cast all such people down.

8 Thou hast count of each and all of my wanderings as fugitive from hearth and home : and takest store of my tears, are not these things noted in thy book?

9 Whensoever I call upon thee, then shall mine enemies be put to flight : whereby I know that thou my God art for me.

10 I will praise God because of his word of promise : in the LORD's word will I comfort me.

11 Yea, in God have I put my trust, I will not fear : what can man do unto me?

12 Unto thee, O God, will I pay my vows : unto thee will I give thanks and praise.

13 For thou hast delivered my life from death, and my feet from falling : that I may walk before God in the light of the living.

**PSALM 57. Miserere mei, Deus.**

Man's necessity and God's glory

**B**E gracious unto me, O God, be gracious unto me, for in thee hath my soul taken refuge : yea, under the shadow of thy wings shall be my refuge, until this storm of tyranny be over-past.

2 I will cry unto God Most High : even unto God who will complete the good work that he hath in hand for me.

3 He will send from heaven and save me : and put to shame and disappoint him that would swallow me up.

4 God will send forth his loving-kindness and his truth : though my soul is among lions,

5 And though I lie even among the children of men, that are aflame : whose teeth are spears and arrows, and their tongue a sharp sword.

6 Be thou exalted, O God, above the heavens : and let thy glory be above all the earth.

7 They have laid a net for my feet, but their own life is brought down thereby : they have digged a pit before me, but are fallen into the midst of it themselves.

(8-12, duplicate = Ps. 108. 1-5)

8 O God, my heart is steadfast, my heart is ready : I will sing, and make melody.

9 Awake, my soul ; awake, lute and harp : I myself will awake the dawn.

10 I will give thanks unto thee, O Lord, among the peoples : and I will make melody unto thee among the nations.

11 For the greatness of thy loving-kindness reacheth unto the heavens : and thy truth unto the skies.

12 Be thou exalted, O God, above the heavens : and let thy glory be above all the earth.

**PSALM 58. Si vere utique.**

Denunciation of unjust judges and frustration of their hopes

**D**O ye indeed, O ye high and mighty, decree that which is right : and do ye judge with equity the children of men ?

2 Nay, ye devise unrighteous-

ness in your heart : and ye weigh out in the land the violence of your hands.

3 The ungodly are perverse, even from their very birth : from their earliest days, they go astray, and speak lies.

4 They are as venomous as the poison of a serpent : even like the deaf adder that stoppeth her ears ;

5 Which refuseth to hear the voice of the charmer : charm he never so wisely.

6 Break their teeth, O God, in their mouth : tear out the great teeth of the lion-whelps, O LORD, and so frustrate their greed.

7 Let them melt away like water that runneth apace : and

when they shoot their arrows let them be powerless to hurt.

8 Let them be as the snails that dissolve as they crawl : and be like the untimely fruit of a woman that hath never set eyes on the sun.

9 Before ever their flesh-pots feel the blaze of the thorns set as tinder beneath, with a whirlwind of wrath will he sweep them away : and the hope of a feast be clean gone.

10 The righteous rejoice when they see the award : and with triumph advance now their foes are no more.

11 So that all men shall say, Verily there is an award for the righteous : verily there is a God that judgeth in the earth.

## DAY II

## EVENING

## PRAYER

PSALM 59. *Eripe me de inimicis.*

Beleaguered by pitiless foes  
**D**ELIVER me from mine enemies, O my God : set me on high from them that rise up against me.

2 O deliver me from the workers of iniquity : and save me from the blood-thirsty men.

3 For lo, they lie in wait for

my life : the mighty are gathered together against me, without any offence or fault of mine, O LORD.

4 For no iniquity of mine do they run and prepare themselves : arouse thee, come thou to meet me, and behold.

5 And do thou, O LORD God of hosts, thou God of Israel,

awake to visit all the nations : and be not gracious unto any that be treacherous and workers of iniquity.

6 Though evening after evening do they come : yowling like dogs, and prowl round about the city ;

7 Behold, they brag with their mouth, and swords are in their lips : for who, say they, doth hear ?

8 Yet thou, O LORD, shalt have them in derision : thou shalt laugh all the nations to scorn.

9 Unto thee, O my strength, will I make melody : for thou, O God, art my high tower.

10 My God with his loving-kindness will come to meet me : and God shall let me see my desire upon them that lie in wait for me, my spying foes.

11 Slay them not, lest my people forget it : but make them wander to and fro as outcasts by thy power, and bring them down, O Lord, our shield.

12 For the sin of their mouth, and for the words of their lips, they shall be taken in their pride : and why? their talking is of cursing and lies.

13 Bring them to naught in thy wrath, bring them to naught, that they be no more : and let them know that it is God that ruleth in Jacob, and unto the ends of the world.

14 Though evening after evening do they come : yowling like dogs, and prowl round about the city,

15 Though they run here and there for meat : and tarry all night if they be not satisfied ;

16 Yet as for me, I will sing of thy power, yea, I will sing aloud of thy loving-kindness betimes in the morning : for thou hast been my high tower and refuge in the day of my distress.

17 Unto thee, O my strength, will I make melody : for thou, O God, art my high tower, and my God, loving-kindness itself.

#### PSALM 60. *Deus, repulisti nos.*

After grave national disaster

O GOD, thou hast cast us off, and broken us down : thou hast been so sore displeased at us; O turn thee and comfort us now again.

2 Thou that hast made the land to tremble, and hast rent it :

heal the sores thereof, for it shaketh.

3 Thou hast caused thy people to see hard things : thou hast made us to drink a draught of staggering wine.

4 Hast thou given a standard to such as fear thee, and led them forth : only that they may betake themselves to flight from before the bow of the enemy?

(5-12, duplicate = Ps. 108. 6-13)

5 That thy beloved may be delivered : O save with thy right hand, and answer thou us.

6 God hath promised by his holiness,—let me rejoice thereat—“I will divide Shechem as victor on the west : and mete out the valley of Succoth on the east of Jordan.

7 Gilead is mine, and mine is Manasseh : Ephraim also is the defence of my head, Judah is my sceptre of rule ;

8 Moab shall be my wash-pot, unto Edom will I cast off my shoe : over Philistia will I shout in triumph.”

9 O who then will bring me as victor into the entrenched city : who will lead me right through into Edom?

10 Wilt not thou, O God, who hast cast us off : thou, O God, that wentest not forth with our hosts?

11 O give thou us thy help against the adversary : for vain is the help of man.

12 Through God shall we yet do valiantly : for it is he that will tread down our adversaries.

PSALM 61. *Exaudi, Deus.*

Prayer for the nation in its dispersion

**H**EAR my loud cry, O God : attend unto my prayer.

2 From the ends of the earth do I call unto thee : when my heart is overwhelmed.

3 O lead me up unto the rock that is too high for me to reach alone : for thou hast ever been a refuge for me, and a strong tower against the enemy.

4 O let me be guest in thy tent for evermore : let me take refuge under the covert of thy wings.

5 For thou, O LORD, thou hast hearkened to my vows : and hast given their heritage, even the Holy Land, unto those that fear thy Name.

6 O grant the King a long

life : may his years endure throughout many generations.

7 May he sit enthroned before God for ever : O appoint thy loving-kindness and faithful-

ness, that they may preserve him.

8 So will I alway make melody unto thy Name : that I may daily perform my vows.

## DAY 12

## MORNING PRAYER

PSALM 62. *Nonne Deo?*

In quietness and in confidence shall be your strength

**U**NTO God alone doth my soul look in patient calm : for of him cometh my salvation.

2 He alone is my Rock and my salvation : he is my high tower, so that I shall not be greatly shaken.

3 How long will ye set upon a man battering him all of you : as if he were a toppling wall and like a tottering fence.

4 They consult only how to thrust him down from his dignity : their delight is in lies ; they each of them give good words with their mouth, but curse with their heart.

5 Unto God alone doth my soul look in patient calm : for of him cometh my hope.

6 He alone is my Rock and my salvation : he is my high

tower, so that I shall not be greatly shaken.

7 In God is my health, and my glory : the rock of my stronghold and my refuge is God.

8 O put your trust in him alway, ye people : pour out your heart before him, for God is our refuge and hope.

9 Men of low degree are only a breath, and men of high degree a fraud : being weighed in the balances, they are altogether lighter than a breath itself.

10 O put not your trust in wrong and robbery, give not yourselves unto vanity : if riches increase, set not your heart upon them.

11 One thing hath God spoken, two things are there which I have heard : that "strength belongeth unto God";

12 And that "unto thee, O Lord, belongeth loving-kind-

ness" : for thou art he that rendereth unto every man according to his work.

PSALM 63. *Deus, Deus meus.*

Longing for communion with God

**O** GOD, thou, even thou art my God : earnestly do I seek thee.

2 My soul thirsteth for thee, my flesh also craveth after thee : in a barren and dry land where no water is.

3 As I have once seen thee in the sanctuary : that I might again behold thy power and thy glory.

4 For thy loving-kindness is better than life itself : my lips shall praise thee.

5 As long as I live will I gratefully bless thee : and lift up my hands in thy Name.

6 My soul is satisfied, even as it were with marrow and fatness : when my mouth singeth praise to thee with joyful lips ;

7 When I remember thee on my bed : and meditate upon thee in the night-watches.

8 Because thou hast been my helper : therefore under the

shadow of thy wings can I shout for joy.

9 My soul cleaveth unto thee : thy right hand doth hold me fast.

10 But those that seek my life to destroy it : shall go into the nethermost parts of the earth.

11 They shall be given over to the edge of the sword : and remain a prey on the field of battle where they fell.

12 But the king shall rejoice in God ; all they also that are true liegemen of his shall glory : for the mouth of them that speak lies shall be stopped.

PSALM 64. *Exaudi, Deus.*

Craft over-reacheth itself

**H**EAR my voice, O God, in my sad plaint : guard my life from the terror of the enemy.

2 Hide me from the secret plots of the evil-doers : and from the blustering throng of the workers of iniquity ;

3 Who have whet their tongue like a sword : and aimed their arrow—a poisonous word ;

4 That they may from their hiding-place shoot at him that is blameless : suddenly shoot at him, and not be afraid.

5 They encourage themselves in mischief : and commune among themselves how they may lay snares, and say that no one will see them.

6 They devise villainies ; "We have," say they, "perfected a well thought-out scheme" : that they keep secret among themselves, every man in the deep of his heart.

7 They may scheme—but God shall shoot at them : with a swift arrow suddenly are they wounded,

## DAY 12

## EVENING PRAYER

PSALM 65. *Te decet hymnus.*

Thanksgiving at spring festival

**PRAISE** waiteth for thee, O God, in Sion : and unto thee shall the vow be performed.

2 O Thou that hearest prayer : unto thee doth all flesh come.

3 Though my misdeeds are ever more and more against me : thou, even thou, wilt purge away our sins.

4 Happy is the man, whom thou choosest, and bringest near unto thee, that he may abide in thy courts : O fain would we be satisfied with the

8 And are made to stumble, their own tongue being against them : insomuch that all who see their desire upon them will wag the head in scornful triumph.

9 And all men shall stand in awe and say, This hath God done : for they will perceive that it is his work.

10 The righteous will rejoice in the LORD, and take refuge in him : and all they that are upright in heart will be glad thereof.

## PRAYER

goodness of thy house, even of thy holy temple.

5 With wonderful things in thy righteousness, hast thou answered us, O God of our salvation : thou that art the hope of all the ends of the earth, and of them that are afar off upon the broad sea.

6 Who in his strength setteth fast the mountains : and is girded about with power.

7 Who stilleth the raging of the seas : the roaring of their waves, and the tumult of the peoples.

8 So that they who dwell in

the uttermost parts of the earth  
are awed at thy tokens : thou  
that makest the outgoings of  
the morning and evening alike  
to ring out their joy.

9 Thou hast visited the earth,  
and watered it : thou makest it  
very plenteous,

10 The stream of God's rain  
from above is full of water :  
thou providest them corn, when  
thou hast so prepared the earth,

11 By drenching its furrows,  
settling down its ridges : thou  
makest it soft with showers of  
rain, and blessest the springing  
growth thereof.

12 Thou hast crowned the  
year with thy goodness : and the  
clouds, on which thou coursest,  
do shower abundance.

13 They shower it upon the  
pastures of the open fields : and  
the little hills are girt with  
dancing joy.

14 The meadows are clothed  
with flocks : the valleys also  
stand so thick with corn, that  
they do laugh for joy and sing.

PSALM 66. *Jubilate Deo.*

The God of nature and of history

O BE joyful in God, all ye  
lands : make melody unto

the glory of his Name, make  
his praise to be glorious.

2 Say unto God, O how  
wonderful art thou in thy  
works : through the greatness of  
thy strength shall thine enemies  
submit themselves unto thee.

3 For all the world doth wor-  
ship thee : make melody unto  
thee, aye, make melody unto  
thy Name.

4 O come hither, and behold  
the works of God : how awe-  
inspiring he is in his doing  
toward the children of men.

5 He turned the sea into dry  
land, they went through the  
river on foot : there did we  
rejoice in him,

6 Who ruleth by his might  
for ever ; his eyes keep watch  
over the nations : let not the  
refractory exalt themselves.

7 O bless our God, ye peoples :  
and make the voice of his  
praise to be heard ;

8 Who holdeth our soul in  
life : and suffereth not our feet  
to slip.

9 For thou, O God, hast  
proved us : thou also hast  
severely tried us, like as silver  
is smelted and refined.

10 Thou broughtest us into the dungeon : and laidest a crushing load upon our loins.

11 Thou didst cause men to ride over our heads : we went through fire and through water, but thou hast brought us out into a place of liberty.

12 I will come into thine house with burnt-offerings, and will pay thee my vows : which I promised with my lips, and spake with my mouth, when I was in distress.

13 I will offer unto thee burnt-offerings of fatlings, with the sweet smoke of rams : I will prepare for sacrifice bullocks and goats.

14 O come hither, and hearken, all ye that fear God : and I will tell you what he hath done for my soul.

15 Unto him did I call with my mouth : and gave him high praises with my tongue.

16 If I had intended iniquity in mine heart : the Lord would not have heard me.

17 But verily God hath heard : he hath attended unto the voice of my prayer.

18 Blessed be God who hath not turned away my prayer : nor withheld his loving-kindness from me.

PSALM 67. *Deus misereatur.*

Hymn for harvest home

**G**OD be gracious unto us, and bless us : and shew us the light of his countenance ;

2 That thy way may be known upon earth : thy saving health among all nations.

3 Let the peoples give thanks unto thee, O God : yea, let the peoples, all of them, give thanks unto thee.

4 O let the nations rejoice and be glad : for thou wilt judge the peoples with equity, and lead and guide the nations upon earth.

5 Let the peoples give thanks unto thee, O God : yea, let the peoples, all of them, give thanks unto thee.

6 The land hath yielded her increase : and God, even our own God, doth give us his blessing.

7 God doth bless us : and let all the ends of the world stand in awe of him.

## DAY 13

## MORNING PRAYER

PSALM 68. *Exurgat Deus.*

The God of deliverances

**L**ET God arise, and let his enemies be scattered : let them also that hate him flee before him."

2 As smoke before wind is driven away, so drive thou them away : and like as wax melteth at the fire, so vanish the ungodly at the presence of God.

3 But let the righteous be glad and rejoice at the presence of God : let them also be merry and joyful.

4 O sing unto God, make melody unto his Name : cast up a high way for him that advanceth through the desert steppes ; the LORD is his Name, rejoice ye at his presence.

5 A Father of the fatherless, and the defender of the cause of the widows : is God in his holy habitation.

6 He is the God that maketh the desolate to return home, and bringeth forth the prisoners into prosperity : but letteth the refractory dwell cheerless where they be in a barren land.

Triumphs of the past

7 O God, when thou wentest forth before thy people : when thou marchedst through the wilderness,

8 The earth did tremble, and the heavens poured down rain at the presence of God : even yon Sinai shook at the presence of God, the God of Israel.

9 Oft and again, O God, didst thou shower down upon thy desert-wearied tribes and heritage : a bounteous and life-giving rain,

10 That so unto the Holy Land thy folk might take their way and dwell therein : for thou, O God, dost ever of thy goodness for the poor provision make.

11 The Lord gave the word : great was the company of the women that bare the tidings,—

12 "Kings with their armies do flee, do flee : and the housewife at home divideth the spoil.

13 Will ye lie at ease among the sheep-folds, when ye might go forth : and return to your homesteads all a-glitter with spoil ;—

14 Like the doves that come

home their wings and feathers  
all bright : with sheen of silver  
and gold in the evening sun ;—

15 While yonder the Almighty  
is scattering kings : and they  
are falling as thick as snow-  
flakes on the dark hillside ? ”

16 The highland of Bashan is  
a goodly highland : even a range  
of many peaks is the range of  
Bashan.

17 Why frown ye and look  
down askance, ye mountain  
peaks, at the hill on which it  
pleaseth God to dwell : yea,  
the LORD will abide thereon  
for ever.

18 The chariots of God are  
myriads twice told, even thou-  
sands upon thousands : and with  
them hath the Lord come hither  
from Sinai into his sanctuary.

19 Thou art gone up on high,  
to Sion thou hast led up thy  
triumph train, and received the  
tribute offered by the van-  
quished : yea, even the re-  
fractory are content, that the  
LORD God should for ever there  
abide.

Of the present

20 Blessed be the Lord, day  
by day now as of old, he beareth

our burden : even the God who  
is our salvation.

21 God is unto us a God of  
Deliverances : by the aid of the  
LORD God alone do we find the  
way to escape from death.

22 God shall shatter the head  
of his enemies : and the long-  
haired scalp of such a one as  
strutteh on still in his guilti-  
ness.

23 The Lord hath said, I will  
bring back again from Bashan :  
mine own will I bring back  
again, even as from the deep  
of the sea.

24 That on the neck of thy  
foes thy foot be sure set : and  
on thine oppressors death judg-  
ment be wrought.

25 It is well seen of all men,  
O God, how thou goest : how  
thou, my God my King, in  
triumph goest into the sanc-  
tuary.

26 Singers go before, minstrels  
follow after : in the midst of  
damsels playing upon timbrels  
as they sing,

27 “ Bless ye God, even the  
Lord in fullest choirs : ye that  
are of the well-spring and stock  
of Israel.”

28 It was from Benjamin the youngest came their ruler, and after were princes of Judah in throngs : princes of Zebulon, and princes of Naphtali.

Of the future

29 Command, O God, and send forth thy strength : now shew thyself strong, O God, thou who before hast wrought in the past for us,

30 Out of thy temple at Jerusalem : whither kings in processional train shall render homage unto thee.

31 O put thou to rebuke the river-monsters of the Nile reed grass, the untamed chieftains with their herd of followers : that roll themselves in mire—for gain of money ;

32 Scatter thou the people

that delight in war : then will their envoys hasten to come out of Egypt; the Morians' land will soon stretch out her hands unto God.

33 Sing unto God, O ye kingdoms of the earth : O make melody unto the Lord ;

34 To him that courseth through the heaven of heavens over all from the beginning : lo, in mighty thunderings doth he utter his voice.

35 Ascribe ye unto God the strength that sheltereth Israel : unto him whose majesty and strength are in the skies.

36 Awe - inspiring is God, ruling from out his sanctuary, he is the God of Israel : strength and mightiness giveth he unto his people ; blessed be God.

## DAY 13

## EVENING

## PRAYER

PSALM 69. *Salvum me fac.*

The Servant of the LORD

(a) In sore distress

**S**AVE me, O God : for the waters are come in, even unto my soul.

2 I sink in the deep mire,

where no standing-ground is : I am come into deep waters, and the floods do sweep me away.

3 I am weary with my crying ; my throat is dry : my sight faileth me for waiting so long upon my God.

4 They that hate me without cause are more than the hairs of my head : they that would cut me off, being mine enemies wrongfully, are mighty.

5 I am fain to pay them the things that I never took : thou, O God, thou knowest my foolishness, and my faults are not hid from thee.

6 Let not them that wait for thee be ashamed through me, O Lord God of hosts : through me, let not those that seek thee be brought to confusion, O God of Israel.

7 And why? because it is for thy sake that I have borne scorn : and that confusion hath covered my face.

8 That I am become a stranger unto my brethren : even an alien unto mine own mother's children.

9 Because it was zeal for thine house that consumed me : and the insults of them that insulted thee are fallen upon me.

10 When I wept, and chastened my soul with fasting : that was turned to insults for me.

11 When too I put on sack-cloth : they jested upon me.

12 I am the talk of them that sit in the gate : and the drunkards make songs upon me.

13 But, as for me, O LORD, unto thee do I direct my prayer : at the time thou pleasest, O God,

14 And in the abundance of thy loving-kindness, answer thou me : even in the truth of thy salvation.

15 Take me out of the mire, that I sink not : O let me be delivered from them that hate me, and out of the deep waters.

16 Let not the water-flood sweep me away, neither let the deep swallow me up : and let not the pit shut her mouth upon me.

17 Answer me, O LORD, for thy loving-kindness is good : according to the abundance of thy compassions turn thee unto me,

18 And hide not thy face from "thy servant," for I am in distress : O haste thee, and answer me speedily.

19 Draw nigh unto my soul, and save it : O set me free, because of mine enemies.

20 Thou, even thou, knowest the insults I suffer, my shame, and my confusion : mine adversaries are all in thy sight.

21 Scorn and taunt have broken my heart; I am full of heaviness : I looked for some to shew sympathy with me, but there was no one, neither found I any to comfort me.

22 Yea, they put poison into my food : and when I was thirsty they gave me vinegar to drink.

27 For they persecute him whom thou hast smitten : and they add to the pain of them whom thou hast wounded.

(b) Delivered

30 As for me, out of my pain and sore affliction : let thy salvation, O God, set me up on high.

31 Then will I praise the Name of God with a song : and magnify him with thanksgiving.

32 This too will please the LORD : better than a bullock that hath horns and hoofs.

33 The afflicted, when they see this, will be glad : ye that seek after God, let your failing heart revive.

34 For the LORD doth hearken

unto the poor : and despiseth not those that suffer for him.

35 Let heaven and earth praise him : the seas, and everything that moveth therein.

36 For God will save Sion, and build again the cities of Judah : and his own shall abide there, and have it in possession.

37 The posterity also of "his servants" shall inherit it : and they that love his Name shall dwell therein.

PSALM 70. *Deus in adjutorium.*

A cry for help in persecution

(Duplicate = Ps. 40. 17-22)

**H**ASTE thee, O God, to deliver me : make haste, O LORD, to help me.

2 Let them be ashamed and confounded that seek after my soul : let them be turned backward and brought to dishonour that delight in my hurt.

3 Let them turn back because of their disappointment : that do now say unto me, There! There!

4 But let all those that seek thee be joyful and glad in thee : and let all such as love thy salvation say continually, God be praised.

5 As for me, I am poor and needy : haste thee unto me, O God.

## DAY 14

## MORNING PRAYER

PSALM 71. *In te, Domine, speravi.*

The Divine discipline of trouble  
(1-3, duplicate = Ps. 31. 1-4)

**I**N thee, O Lord, have I taken refuge : let me never be put to confusion.

2 But deliver me and rescue me in thy righteousness : incline thine ear unto me, and save me.

3 Be thou to me a stronghold rock, whereunto I may alway resort : thou hast promised to save me, for thou art my fastness, and my castle.

4 Rescue me, O my God, out of the hand of the ungodly : out of the grasp of the unrighteous and cruel man.

5 For thou, O Lord God, art the thing that I long for : thou art my only hope, even from my youth.

6 Upon thee have I stayed myself ever since I was a child : thou hast been ever my kindly protector even from my boyhood's days; my praise shall be alway of thee.

6 Thou, even thou, art my help, and my deliverer : O Lord, make no long tarrying.

7 I am become as it were a Horror unto many : but my sure trust is in thee.

8 O let my mouth be filled with thy praise : that I may sing of thy glory and honour all the day long.

9 Cast me not off in the time of old age : forsake me not when my strength faileth me.

10 For thus do mine enemies speak concerning me : and they that lay wait for my life take their counsel together, saying ;

11 "God hath forsaken him : set on and seize him, for there is none to deliver."

12 O God, be not far from me : O my God, haste thee to help me.

13 Let them be confounded and brought to naught that are the foes of my soul : let them be covered with shame and dishonour that seek my hurt.

14 But as for me, I will patiently wait and hope on continually : and will praise thee yet more and more.

15 My mouth shall tell of thy righteousness and salvation all the day long : for I know no end thereof.

16 I will shew forth the mighty acts of the Lord God : and will make mention of thy righteousness, even thine alone.

17 Thou, O God, hast taught me from my youth up : and until now have I been declaring thy wondrous works.

18 Forsake me not, O God, in mine old age, when I am gray-headed : until I have declared thy strength unto the next generation, and thy might to all them that are yet for to come.

19 Thy righteousness, O God, reacheth unto the height of heaven : and great things are they that thou hast done; O God, who is like unto thee?

20 Thou, who hast caused us to see many and sore troubles and adversities, wilt yet turn and quicken us : yea, and bring us up again from the depths of the earth.

21 O mayest thou bring me again to honour : return and comfort me.

22 I also will give thanks unto

thee and thy faithfulness, O my God, playing upon the lute : unto thee will I make melody with the harp, O thou Holy One of Israel.

23 My lips shall sing aloud when I make melody unto thee : and so will my soul whom thou hast redeemed.

24 My tongue also shall talk of thy righteousness all the day long : for they are confounded and brought unto shame that sought my hurt.

PSALM 72. *Deus, judicium.*

The ideal ruler

**GIVE** the king thy judgments, O God : and thy righteousness unto the king's son;

2 That he may judge thy people according unto right : and defend thy poor with justice;

3 That the mountains may bear peace : and the little hills righteousness unto the people.

4 May he keep the simple folk by their right : save the children of the poor, and crush the oppressor.

5 Then shall they fear thee, O God, as long as the sun en-

dureth, and so long as the moon doth shine : from one generation to another.

6 May his rule be like rain that cometh down upon the meadow grass : even as the showers that water the earth.

7 In his days may Righteousness flourish : yea, and abundance of Peace, for all time to come.

8 Let his dominion be from the one sea to the other : and from the River unto the world's end;

9 They that dwell in the wilderness kneel before him : and his enemies lick the dust ;

10 The kings of Tarshish and of the isles render tribute : the kings of Sheba and Seba offer gifts.

11 Yea, let all kings fall down before him : all nations do him service.

12 For he will deliver the poor when he crieth : the needy also, and him that hath no helper.

18 Blessed be the LORD God, even the God of Israel : who only doeth wondrous things ;

19 And blessed be his glorious Name for ever : and let the whole earth be filled with his glory. Amen, and Amen.

13 He will have pity on the weak and needy : and preserve the souls of such as be in adversity.

14 He will redeem their lives from oppression and wrong : and right dear will their blood be in his sight.

15 Long may he live, and unto him be given of the gold of Sheba : may prayer also be made continually for him, and all the day may blessing be invoked upon him.

16 May there be abundance of corn in the land, high upon the hills, and the fruit thereof wave and rustle like Lebanon : and may men flourish out of the city fresh and vigorous like grass upon the earth.

17 May his Name endure for ever ; his Name have increase as long as the sun doth shine : may all families of the earth be blessed through him ; and all nations call him happy.

## THE THIRD BOOK. Pss. 73 TO 89. GENERALLY NATIONAL.

DAY 14

EVENING PRAYER

PSALM 73. *Quam bonus Israel!*

The pure in heart shall see God

**S**URELY good and only good  
is God to Israel : even unto  
such as are pure in heart.

2 Nevertheless, my feet were  
almost gone : my treadings had  
well-nigh slipt.

3 And why? I was envious of  
the arrogant : when I saw the  
ungodly in such prosperity.

4 For they are in no peril of  
death : but are stalwart and  
strong of body.

5 They come in no misfortune  
like other folk : neither are they  
plagued like other men.

6 And this is the cause that  
Pride is as a chain about their  
haughty neck : and Violence the  
vesture they array themselves  
withal.

7 Their eyes stand out with  
fatness : and they do even what  
they list.

8 They scoff and maliciously  
talk of oppression : proud and  
presumptuous are their words,  
as if there were none on high.

9 For they stretch forth their  
mouth unto the heavens : and  
their tongue roveth through the  
world.

10 Therefore fall the people  
unto them : and thereout suck  
they no small advantage.

11 Tush, say they, how should  
God perceive it : is there know-  
ledge of human affairs in the  
Most High?

12 Lo, such are the ungodly :  
these prosper in the world, and  
these have ever increase of riches.

13 Surely in vain have I kept  
my heart pure : and washed  
mine hands in innocency ;

14 All the day long have I  
been punished : and chastened  
every morning.

15 If I had said the like, lo,  
then should I have been a  
traitor : and faithless to the  
generation of thy children.

16 Then kept I pondering how  
I might understand this : but  
it was too hard and a wearisome  
task for me,

17 Until I went into the sanctuary of God : and considered the latter end of these men ;

18 Surely in slippery places dost thou set them : suddenly dost thou cast them down headlong into ruin.

19 Oh, how are they become a desolation in a moment : swept off, undone by sudden terrors !

20 Yea, even like as a nightmare when one awaketh : so Lord when thou dost arouse thyself thou makest their phantom to vanish.

21 For my heart was becoming embittered : and pain thereat pierced my bosom as a sword.

22 So foolish was I, and ignorant : even as it were a very beast toward thee.

23 Nevertheless, I am continually with thee : thou holdest me fast by my right hand.

24 Thou wilt guide me according to thy purpose : and afterward take me unto thyself with glory.

25 Whom have I in heaven but thee : and there is naught upon earth that I desire beside thee.

26 Though my flesh and my

heart should have fainted away : yet God would be still the rock of my heart, and my portion for ever.

27 For lo, they that forsake thee do end in ruin : thou dost clean put out all them that break their covenant with thee.

28 As for me, to draw near unto God is my good, in the Lord GOD have I made my refuge : that I may tell of all the works thou hast in hand toward us.

29 Surely good and only good is God to Israel : even unto such as are pure in heart.

PSALM 74. *Ut quid, Deus?*

Lament on the devastation of the Temple

O GOD, wherefore dost thou cast us so clean away for ever : why is thy wrath so hot against the flock of thy shepherding ?

2 O think upon thy commonwealth, which thou hast won for thyself long since : and redeemed of old to be the tribe of thine inheritance ;

3 Even this hill of Sion : wherein thou hast dwelt.

4 Rouse thee and come with

speed unto the irretrievable ruin : where the enemy hath marred all in thy sanctuary.

5 Thine adversaries roar in the midst of thy temple : and set up their banners in token of triumph.

6 They seem like men that wield on high axes : to hew down timber in the thick forest.

7 Even thus are they now battering down all the carved work thereof : with hatchet and hammers.

8 They have set fire upon thy sanctuary : they have profaned the dwelling-place of thy Name, even unto the ground.

9 Yea, they have said in their hearts, Let us make havock of them altogether : thus have they burnt up all the houses of God in the land.

10 We see not our tokens of Sabbath or Sacrifice, there is not one prophet more : no, not one is there among us that knoweth how long.

11 How long, O God, shall the adversary do this dishonour : how long shall the enemy insult thy Name for ever?

12 Why drawest thou back thy hand : O pluck thou thy

right hand out of thy bosom, make an end of the foe?

13 Yet God is my King from of old : working deliverances in the midst of the earth.

14 It was thou that didst divide the sea through thy power : thou that brakest the heads of the river-monsters in the waters.

15 It was thou that didst crush the heads of Leviathan in pieces : and gavest him to be food for the wild beasts of the desert.

16 Thou it was that broughtest forth fountains and waters out of the hard rocks : thou that didst dry up ever-flowing streams.

17 Thine is the day, and thine too is the night : thou it is that hast prepared the starry lights and the sun.

18 Thou that hast set all the borders of the earth : thou that hast made both summer and winter.

19 Remember this, O LORD, how the enemy hath scoffed : and how a senseless people have blasphemed thy Name.

20 O deliver not the soul of thy turtle-dove unto the greedy

wild beast : and forget not for ever the clans of thine afflicted.

21 Look upon the covenant : for the dark places of the land are full of pride and violence.

22 O let not the down-trodden turn back disappointed : let the afflicted and needy give praise to thy Name.

## DAY 15

## MORNING PRAYER

PSALM 75. *Confitebimur tibi.*

The sentence of judgement

**U**NTO thee, O God, do we give thanks : yea, unto thee do we give thanks.

2 Thy Name also is so nigh : and that do thy wondrous works declare.

3 "At the appointed time," saith God : "I myself will judge according unto right."

4 Though the earth do melt, and all the inhabitants thereof be helpless : I myself do bear up and keep steady the pillars of it, even Justice and Truth."

5 I say unto the arrogant, Deal not so proudly : and to the ungodly, Lift not up your horn.

6 Lift not up your horn on high : and with haughty neck speak not so insolently.

23 Arise, O God, maintain thine own cause : remember how the senseless man insulteth thee all the day long.

24 Forget not the clamour of thine adversaries : the uproar of them that rise up against thee increaseth ever more and more.

7 For neither from the east, nor from the west : nor yet from the south cometh lifting up.

8 And why? God himself is the Judge : he putteth down one, and lifteth up another.

9 For in the hand of the LORD there is a cup, and the wine is foaming red : it is full mixed, and he poureth out to this one and to that one as he will.

10 Surely the dregs thereof : all the ungodly of the earth shall drain them out, and suck them up.

11 But as for me, I will rejoice for ever : and make melody unto the God of Jacob.

12 All the horns of the ungodly also will I lop off : but the horns of the righteous shall be lifted up.

PSALM 76. *Notus in Iudæa.*

The Lion of the tribe of Judah

**I**N Judah is God known : his Name is great in Israel.

**2** At Salem is his covert : and his lair in Sion.

**3** There hath he broken the fiery shafts of the bow : the shield, the sword, and the battle.

**4** Terrible art thou and majestic : when thou comest down as a lion from the mountains of prey.

**5** Despoiled are the stout of heart, they have slumbered into their last sleep : and all the men of might were able to do nothing with their hands.

**6** At thy rebuke, O God of Jacob : both the charioteer and horse are cast into a dead sleep.

**7** Thou, even thou, art Terrible : and who may stand before thee when once thou art angry?

**8** Out of heaven didst thou cause sentence to peal forth : the earth trembled,—and was still,

**9** When God arose to judgement : to save all the humble of the earth.

**10** Surely the fierceness of

man shall turn to thy praise : and the remnant of the faithful that escaped shall hold festival unto thee.

**11** Look what ye promised unto the LORD your God, see that ye now keep it : let all the neighbouring nations that are round about lead along in processional train unto him that ought to be feared.

**12** Unto him that loppeth short the pride and fury of princes : and is Terrible to the kings of the earth.

PSALM 77. *Voce mea ad Dominum.*

Struggle against despair in dark moments

“**A**LOUD will I cry unto God, and lift up my voice : yea, aloud unto God will I lift up my voice, and he will give ear unto me.”

**2** Thus in the time of my trouble I sought the Lord : in the night-season I stretched forth my hands unto him and slacked not; my soul refused all other comfort.

**3** When I think thereon, O God, I must moan : when I muse thereon, my spirit waxeth faint.

4 Thou holdest mine eyes from sleep : I am so perplexed, that I know not what to say.

5 I have pondered the days of old : and the years of ancient times.

6 Let me, thought I, call to remembrance my former song of praise in the night : let me commune with mine own heart, and search out my spirit.

7 Will the Lord cast us off for ever : and will he be no more intreated?

8 Is his loving-kindness clean gone for ever : and hath his promise come utterly to an end for all generations?

9 Hath God forgotten to be gracious : or hath he shut up his compassion in displeasure?

10 Then said I, It is mine own infirmity and weakness : to think that the right hand of the Most High could change.

11 I will remember the works of the LORD : and call to mind thy wonders of old time.

12 I will muse also upon all

thy work : and my meditation shall be of thy doings.

13 Thy way, O God, is holy and full of mystery : who is so great a God as our God?

14 Thou art the God that doest wonders : and hast made known thy strength among the peoples.

15 With thy strong arm thou didst redeem thy people : even the sons of Jacob and Joseph.

16 Then it was that the waters saw thee, O God, the waters saw thee, and reeled in pangs : yea, to the depths they trembled.

17 The thick clouds flooded forth water, the air thundered : and thine arrows went abroad.

18 The voice of thy thunder was in the whirling storm : the lightnings lightened the world ; the earth was moved, and shook withal.

19 Thy way was in the sea, and thy path in the great waters : and thy footprints were not known.

20 Thou leddest thy people like a flock : by the hand of Moses and Aaron.

## DAY 15

## EVENING PRAYER

PSALM 78. *Attendite, popule.*

The Divine Providence in history

**G**IVE ear, O my people, to mine instruction : incline your ears unto the words of my mouth.

2 I will open my mouth in a parable : I will make clear how our past hath a lesson for all time;

3 That which we have heard and known, and such as our fathers have told us : we will not hide from their children ;

4 Telling to the generation to come the praises of the LORD : his mighty strength and the wondrous works that he hath done.

5 For he made a covenant with Jacob, and gave Israel a law : which he commanded our forefathers to teach their children ;

6 That their posterity might know it : and the children which were yet unborn ;

7 To the intent that when they grew up : they might shew their children the same ;

8 That they might put their

confidence in God : and not forget the works of God, but keep his commandments ;

9 And be not as their forefathers, a refractory and defiant generation : a generation that set not their heart aright, and whose spirit cleaved not steadfastly unto God ;

10 The children of Ephraim were as archers handling the bow : that turned themselves back in the day of battle.

11 They kept not the covenant of God : and refused to walk in his law ;

12 And they forgat what he had done : and the wondrous works that he had shewed for them.

13 Marvellous things did he in the sight of their forefathers, in the land of Egypt : even in the field of Zoan.

14 He divided the sea, and caused them to pass through : he made the waters to stand as a rampart.

15 In the day-time also he led them with a cloud : and all the night through with a light of fire.

16 He clave hard rocks in the wilderness : and gave them drink abundantly, as it had been out of the great depth.

17 He brought streams out of the stony rock : and caused waters to run down like rivers.

18 Yet for all this went they on still to sin against him : and defied the Most High in the wilderness.

19 They put God to the proof in their heart : by demanding the food that they longed for.

20 Yea, they spake against God also, saying : Can God prepare a table in the wilderness?

21 Lo, he smote the stony rock indeed, that the water gushed out, and the streams overflowed withal : but can he give bread also, or will he provide flesh for his people?

22 Therefore when the LORD heard this, he was wroth : and a fire was kindled against Jacob, and there came up heavy displeasure against Israel;

23 Because they believed not in God : and trusted not in his saving help.

24 Yet he commanded the

skies above : and opened the doors of heaven;

25 He rained down manna also upon them for to eat : and gave them the corn of heaven.

26 So everyone did eat angels' bread : he sent them provision to the full.

27 He caused the east-wind to blow under heaven : and through his power he guided on the south-wind.

28 He rained flesh upon them as thick as dust : and feathered quail like as the sand of the sea.

29 He let it fall in the midst of their camp : even round about their habitations.

30 So they did eat, and were well filled; he gave them their own desire : they were not disappointed of their longing.

31 But while the food was yet in their mouths, the heavy wrath of God came up against them, and slew the most stalwart of them : yea, and laid low the choice youth of Israel.

32 But for all this they sinned yet more : and believed not his wondrous works.

33 Therefore their days did he

make to vanish as a breath : and their years in sudden terror.

34 When he slew them, then would they seek him : and turn them back earnestly, and inquire after God.

35 And they remembered that God was their rock : and that God Most High was their redeemer.

36 Nevertheless, they did but speak him fair with their mouth : and lied unto him with their tongue.

37 For their heart was not steadfast with him : neither continued they faithful unto his covenant.

38 But he being full of compassion forgiveth iniquity : and destroyeth not,

39 Yea, many a time and oft turneth he his wrath away : and doth not suffer his whole displeasure to arise.

40 So he remembered that they were but flesh : even a wind that passeth away, and cometh not again.

41 O, how oft did they defy him in the wilderness : and grieve him in the desert.

42 Yea, time after time they

tried God : and pained the Holy One of Israel.

43 They remembered not his hand : nor the day when he redeemed them from the adversary;

44 How he had wrought his signs in Egypt : and his wonders in the field of Zoan.

45 How he had turned their Nile canals into blood : so that they could not drink of the streams ;

46 Sent swarms of flies among them, which devoured them : and frogs which destroyed them.

47 How he gave the produce of their soil unto the caterpillar : and their labour unto the locust.

48 How he beat down their vineyards with hail-stones : and their mulberry-trees with the frost.

49 How he gave over their cattle to the murrain : and their flocks to the fiery lightnings.

50 How he let loose upon them the furiousness of his wrath, anger, displeasure, and trouble : a band of angels of woe,

51 When he had made a way to his fearful indignation, and

spared not their soul from death : yea, gave their life over to the pestilence;

52 And smote all the first-born in Egypt : the most principal and mightiest in the dwellings of Ham.

53 But as for his own people, he moved them forth stage by stage like sheep : and guided them in the wilderness like a flock.

54 He led them on safely, that they should not fear : and overwhelmed their enemies with the sea.

55 And he brought them up to the border of his sanctuary : even to this mountain land which he won for them with his own right hand.

56 And drove out the nations from before them : caused their land to be divided among them for an heritage, and made the tribes of Israel to dwell in their tents.

57 Yet, notwithstanding all this, they tried and defied God Most High : and observed not his ordinances;

58 But swerved, and played false like their forefathers :

starting aside like a treacherous bow.

59 For they grieved him with their hill-altars : and provoked him to displeasure with their graven images.

60 When God heard this, he was wroth : and took sore displeasure at Israel.

61 So that he abandoned his home in Shiloh : even the tent that he had made to dwell among men,

62 And delivered his own Strength into captivity : and the Ark of his Splendour into the adversary's hand.

63 He gave his people over also unto the sword : and was wroth with his inheritance.

64 The fire of war consumed their young men : and their maidens had no marriage song.

65 Their priests were slain with the sword : and their widows could make no lamentation.

66 Then the Lord awaked as one out of sleep : and like a giant refreshed with wine.

67 He drove his adversaries backward : and put them to a perpetual shame.

68 Though he rejected the

tent of Joseph : and chose not the tribe of Ephraim ;

69 Nevertheless he chose the tribe of Judah : even the hill of Sion which he loved.

70 And there he built his sanctuary like the heavenly heights : and laid the foundation of it like the earth which he hath set firm for ever.

71 He chose David also "his

servant" : and took him from the sheep-folds.

72 From following the ewes with their young ones he took him : that he might be shepherd over Jacob his people, and over Israel his inheritance.

73 So he shepherded them with whole-hearted diligence : and guided them prudently with skilful hand.

## DAY 16

## MORNING PRAYER

PSALM 79. *Deus, venerunt.*

A national prayer from the depths of  
a bitter need

**O** GOD, the nations are come into thine inheritance : thy holy temple have they defiled, and made Jerusalem an heap of stones.

2 The dead bodies of "thy servants" have they given to be food unto the birds of the air : and the flesh of thy faithful unto the beasts of the land.

3 Their blood have they shed like water on every side of Jerusalem : and there was no man to bury them.

4 We are become an open jeer to our neighbours : a very scorn and derision unto them that are round about us.

5 O LORD, how long wilt thou be angry for ever : how long shall thy wrath burn like fire ?

6 Pour out thine indignation upon the nations that know thee not : and upon the kingdoms that call not upon thy Name.

7 For they have devoured Jacob : and laid waste his homestead.

8 O remember not against us the iniquities of our forefathers, but let thy compassion be toward us, and that right soon : for we are brought very low.

9 Help us, O God of our salvation, for the sake of the glory of thy Name : O deliver us, and forgive us our sins, for thy Name's sake.

10 Wherefore should the nations say : Where is their God?

11 O let the avenging of "thy servants" blood that is shed : be openly shewed among the nations in our sight.

12 O let the sorrowful sighing of the prisoners come before thee : according to the greatness of thy power, preserve thou those that are doomed to death.

13 And render unto our neighbours seven - fold into their bosom their scorn : wherewith they have scorned thee, O Lord.

14 So we, that are thy people, and flock of thy shepherding, will give thee thanks for ever : and will alway be shewing forth thy praise from generation to generation.

**PSALM 80. *Qui regis Israel.***

The vineyard of the LORD of Hosts is  
the house of Israel

**H**EAR, O thou Shepherd of Israel, thou that leadest Joseph like a flock : thou that art throned upon the cherubim shine forth.

2 Before Ephraim, Benjamin, and Manasseh : stir up thy might, and come to save us.

3 Turn us again, O God : shew the light of thy countenance, and we shall be whole.

4 O LORD God of hosts : how long wilt thou be angry against thy people that prayeth?

5 Thou hast fed them with the bread of tears : yea, thou hast given them plenteousness of tears to drink.

6 Thou hast made us a very jeer unto our neighbours : and our enemies laugh us to scorn.

7 Turn us again, thou God of hosts : shew the light of thy countenance, and we shall be whole.

8 Thou didst bring a Vine out of Egypt : thou didst drive out the nations, and plant it,

9 Thou madest room for it : and when it had taken root it filled the land.

10 The hills on the south were covered with the shadow of it : and the strong cedars of Lebanon on the north with her tendrils;

11 She stretched out her branches unto the western sea : and her boughs unto the River on the east.

12 Why hast thou then broken down her fences : so that all they that pass by do pluck off her grapes?

13 The wild boar out of the forest doth ravage it : and all that roameth in the field do graze upon it.

14 O God of hosts, turn thee again, we beseech thee : look down from heaven, behold, and give heed to this Vine;

15 Even the stock that thy right hand hath planted : and Joseph's branch that thou madest so much of for thyself.

16 And why? It is burnt with fire, and lieth waste : they perish beneath the stern wrath of thy countenance.

17 Let thy hand be outstretched for help to the man thou didst once set on thy right hand : and to the child of man, whom thou once madest so much of for thine own self.

18 And so will we not turn back from thee : O revive us, and we will call upon thy Name.

19 Turn us again, O LORD God of hosts : shew the light of thy countenance, and we shall be whole.

PSALM 81. *Exultate Deo.*

For the Feast of Tabernacles

SING we merrily unto God our strength : shout aloud for joy unto the God of Jacob.

2 Swell the melody, sound the timbrel : the pleasant harp with the lute.

3 Blow up the trumpet on the new-moon : and at the full-moon, for our solemn feast-day.

4 For this was made a statute for Israel : and an ordinance of the God of Jacob.

5 This he appointed in Joseph to bear witness of his care : when he went forth over the land of Egypt.

6 One whom I knew not : I then first began to hear, saying,

7 "I have eased his shoulder from the burden : and his hands shall go free from bearing the basket of bricks ;

8 Thou didst call upon me in trouble, and I rescued thee : I answered thee from the covert of the thunder-cloud.

9 I proved thee also : at the 'waters of Strife.'

10 Hear, O my people, and I will assure thee : O Israel, if thou wouldest but hearken unto me,

11 There shall no strange god be in thee : neither shalt thou worship any foreign god.

12 I am the LORD thy God, who brought thee up out of the land of Egypt : open thy mouth wide, and I will fill it."

13 But my people hearkened not unto my voice : and Israel would none of me.

14 So I let them go after the stubbornness of their own heart : that they might walk in their own counsels.

15 O that my people were hearkening unto me : that Israel would walk in my ways,

16 I should soon put down their enemies : and turn my hand against their adversaries.

17 The haters of the LORD should submit themselves unto him : so that their time of prosperity would for ever endure.

18 Yea, I would feed them with the finest wheat : and with honey out of the rock would I satisfy thee.

## DAY 16

## EVENING PRAYER

PSALM 82. *Deus stetit.*

A vision of judgement

**G**OD standeth in the council chamber of the high-born : he holdeth judgement among the nobles.

2 "How long," saith he, "will ye give wrong judgement : and respect the persons of the ungodly?"

3 Defend the poor and fatherless : see that such as be in need and necessity have right.

4 Deliver the hapless and poor : rid them out of the hand of the ungodly."

5 They have neither knowledge nor insight, but grope about in darkness : all the foundations of the earth, the principles of social order, are out of course.

6 "It was I who gave you the title of high-born : and named you all children of the Most High.

7 Nevertheless ye shall die like common men : and fall like any that have lost their thrones."

8 Arise, O God, and judge thou the earth : for all nations do belong unto thy realm.

PSALM 83. *Deus, quis similis?*

Confederacy of nations against Israel

**B**E not so silent, O God,  
Hold not thy peace : re-  
frain not thyself, O God.

**2** For lo, thine enemies are in  
tumult : and they that hate thee  
have lift up their head.

**3** They are plotting craftily  
against thy people : and taking  
counsel against thy treasured  
ones.

**4** They have said, "Come, and  
let us root them out, that they  
be no more a nation : and that  
the name of Israel may be no  
more in remembrance."

**5** For they have conspired  
together with one consent : and  
against thee are they confede-  
rate;

**6** The tents of Edom, and the  
Ishmaelites : of Moab, and the  
Hagarenes ;

**7** Gebal, and Ammon, and  
Amalek : the Philistines, with  
them that dwell at Tyre.

**8** Assyria also is joined with  
them : they have holpen the  
children of Lot.

**9** But deal thou with them as  
with the Midianites : as with

Sisera, and as with Jabin at the  
brook of Kishon ;

**10** Who were destroyed at  
Endor : and became as dung  
for the earth.

**11** Make them and their nobles  
like Oreb and Zeeb : yea, make  
all their princes like as Zebah  
and Zalmunna ;

**12** Who have said, "Let us  
take to ourselves : the home-  
steads of God in possession."

**13** O my God, make them like  
unto whirling dust : and as the  
stubble before the wind.

**14** As the fire that burneth up  
the forest : and as the flame  
that setteth the mountains a-  
blaze,

**15** Pursue them even so with  
thy whirlwind : and dismay  
them with thy storm.

**16** Fill their faces with igno-  
miny : that they may seek thy  
Name, O LORD.

**17** Let them be confounded  
and dismayed, ever more and  
more : let them be put to shame,  
and brought to naught,

**18** That they may know that  
thou, even thou alone, whose  
Name is the LORD : art the  
Most High over all the earth.

PSALM 84. *Quam dilecta!*

Pilgrim's sense of the Divine Presence  
and joy in worship

**O** HOW dear unto me are  
thy dwelling-places : thou  
LORD of hosts!

2 My soul hath a yearning and  
longing to enter into the courts  
of the LORD : that my heart and  
my flesh may sing for joy unto  
the Living God.

3 Yea, the sparrow hath found  
her a home, and the swallow  
a nest where she may lay her  
young : even thine altars, O  
LORD of hosts, my King and my  
God.

4 O how happy are they that  
dwell in thy house : they can be  
alway praising thee.

5 Happy are the men whose  
strength is in thee : and who  
love to go on pilgrimage to Sion;

6 Who passing through the  
“vale of Tears” find water-  
springs of Hope therein : even  
as the early rain doth now  
mantle it with blessings.

7 They go on from strength  
to strength : and every one of  
them appeareth before God in  
Sion.

8 O LORD God of hosts, hear

thou my prayer : hearken, O  
God of Jacob.

9 Behold, O God our shield :  
and look upon the face of thine  
anointed.

10 For one day in thy courts :  
is better than a thousand.

11 I had rather be a door-  
keeper in the house of my God :  
than to dwell in the tents of un-  
godliness.

12 For the LORD God is a sun  
and a shield : the LORD giveth  
grace and glory, and no good  
thing will he withhold from  
them that walk uprightly.

13 O LORD God of hosts :  
happy is the man that putteth  
his trust in thee.

PSALM 85. *Benedixisti, Domine.*

Prayer for national restoration

**L**ORD, thou bearest a love  
unto thy land : thou hadst  
brought Jacob home again out  
of his captivity.

(a) Past deliverance

2 Thou hadst forgiven the  
iniquity of thy people : and  
hadst covered all their sin.

3 Thou hadst taken away all  
thy displeasure : and turned  
thyself from thy wrathful in-  
dignation.

## (b) Present desire

4 Restore us then, O God of our Salvation : and let thine anger cease from us.

5 Wilt thou be displeased at us for ever : and wilt thou stretch out thy wrath from one generation to another?

6 Wilt thou not turn again, and revive us : that thy people may yet be glad in thee?

7 Shew us thy loving-kindness, O LORD : and grant us thy salvation.

## (c) Future hope

8 I will hearken what the LORD God will say : for he will speak peace unto his people,

and to his faithful, and to those that return back again unto him with all their heart.

9 Surely his salvation is nigh them that fear him : so that Glory may dwell in our land.

10 Loving-kindness and Truth are met together : Righteousness and Peace have kissed each other.

11 Truth springeth out of the earth : and Righteousness hath looked down from heaven.

12 Yea, the LORD will give all that is good : and our land shall yield her increase.

13 Righteousness shall go before him : and prepare the way for his coming.

## DAY 17

## MORNING PRAYER

PSALM 86. *Inclina, Domine.*

Prayer for Divine guidance in difficulty

**B**OW down thine ear, O LORD, and answer me : for I am comfortless, and poor.

2 Preserve thou my soul, for I am faithful : O thou, my God, save "thy servant" that putteth his trust in thee.

3 Be gracious unto me, O Lord : for unto thee do I call all the day long.

4 Gladden the soul of "thy servant" : for unto thee, O LORD, do I lift up my soul.

5 For thou, Lord, art good and ready to forgive : and plenteous in loving-kindness unto all them that call upon thee.

6 Give ear, O LORD, unto my prayer : and attend to the voice of my supplications.

7 In the time of my trouble

do I call unto thee : for thou wilt answer me.

8 Among the gods there is none like unto thee, O Lord : and there are no works like unto thine.

9 All nations whom thou hast made shall come and worship before thee, O Lord : and shall glorify thy Name.

10 For thou art great, thou doest wondrous things : thou art God alone.

11 Instruct me in thy way, O LORD, and I will walk in thy truth : O knit my heart unto thee, that I may fear thy Name.

12 I will thank thee, O Lord my God, with all my heart : and will glorify thy Name for evermore.

13 For great is thy loving-kindness toward me : and thou hast delivered my soul from the nethermost hell.

14 O God, the proud are risen up against me : and a rabble of violent men have sought after my life, and have not set thee before their eyes.

15 But thou, O Lord, art a God full of compassion and

gracious : slow to anger, plenteous in loving-kindness and truth.

16 O turn thee then unto me, and be gracious unto me : give thy strength unto "thy servant," and save the son of thine handmaid.

17 Work on my behalf some sign for good, that they who hate me may be put to shame : when they see that thou, LORD, hast holpen me, and comforted me.

PSALM 87. *Fundamenta ejus.*

The Divine Commonwealth

**H**IS foundation upon the holy hills the LORD loveth : even the gates of Sion more than all the dwellings of Jacob.

2 Very glorious things is he telling of thee : thou City of God.

3 "Proud Egypt and Babylon do I enroll : among them that are my liegemen.

4 Behold ye the Philistines also, and they of Tyre, with the Morians : lo, they shall be accounted as born in Sion."—

5 Yea, of Sion it shall be said that each and everyone are free-born citizens of hers : and may

he, the Most High, ever give her increase of strength.

6 The LORD shall so reckon it when he doth register the full roll-call of the peoples : that she is the Mother-city of them all.

7 And as they sing and dance on coming up to worship, doth each in turn make answer— : “In thee be all my well-springs of life and joy.”

PSALM 88. *Domine Deus.*

As a leper in utter desolation and despondency

O LORD, God of my salvation, I have cried for help day and night before thee : O let my prayer enter into thy presence, incline thine ear unto my piteous cry.

2 For my soul is more than full of troubles : and my life draweth nigh unto hell.

3 I am counted as one of them that go down to Corruption : and I am become the very ghost of a man, even as one of the feeble shades of the dead ;

4 Cast away among the dead, like unto them that are slain in battle, and lie in the grave : whom thou rememberest no

more, seeing they are cut off from thy help and protection.

5 Thou hast laid me in the nethermost pit : in a place of darkness, and the deepest gloom.

6 Thine indignation lieth hard upon me : and thou hast afflicted me with all thy storms.

7 Thou hast put away mine acquaintance far from me : and made me to be abhorred of them.

8 I am shut up so fast in prison : that I cannot get forth.

9 Mine eye wasteth away for very trouble : O LORD, I have called daily upon thee, I have spread forth my hands unto thee, and there is no reply.

10 Wilt thou shew wonders among the dead : or shall the shades rise up again, and give thee thanks?

11 Shall they tell of thy loving-kindness in the grave : or of thy faithfulness in the realm of Perdition ?

12 Shall thy wondrous works be known in the Dark : and thy righteousness in the land where all things are forgotten ?

13 But as for me, unto thee, O LORD, do I cry for help : and

early in the morning doth my prayer come before thee.

14 Why, O LORD, why castest thou off my soul : and wherefore hidest thou thy face from me?

15 I have been afflicted, and like unto one that is at the point to die even from my youth up : thy terrors have I suffered with a distracted mind.

16 The fiery streams of thy

wrath have gone over me : and thy dread alarms have undone me.

17 Like water they surge round about me all the day long : and compass me altogether on every side.

18 Lover and friend hast thou put far away from me : my sole comrades now are Darkness and Death.

## DAY 17

## EVENING PRAYER

PSALM 89. *Misericordias Domini.*  
The loving-kindness and faithfulness  
of God

**M**Y song shall be alway of the loving-kindnesses of the LORD : with my mouth will I ever be shewing thy faithfulness from one generation to another ;

2 In that thou saidst, “For ever shall loving-kindness be built up : firm as the heavens themselves shall stand my faithfulness.

3 I have made a covenant with my chosen : I have sworn unto David ‘my servant’;

4 Thy seed will I stablish for ever : and build up thy throne from one generation to another.”

5 O LORD, the very heavens do celebrate thy wondrous work : yea, thy faithfulness in the assembly of the holy angels.

6 For who is he in the skies : that can be compared unto the LORD ?

7 And who is he among the sons of God : that can be likened unto the LORD ?

8 A God very greatly to be had in awe in the council of the holy angels : and to be had in reverence above all them that are round about him.

9 O LORD God of hosts, who is like unto thee : thy faithfulness, most mighty LORD, is on every side.

10 Thou it is that rulest the

proud swelling of the sea : thou stillest the waves thereof when they arise.

11 Thou, even thou, didst break the Arrogant in pieces as one that is slain : with thy mighty arm thou didst scatter thine enemies abroad.

12 Thine are the heavens, thine also is the earth : thou, even thou, didst lay the foundation of the broad world, and all that therein is.

13 Thou, even thou, hast made the North and the South : Tabor and Hermon ring out their joy at thy Name.

14 Thou hast an arm of heroic might : strong is thy hand, and high uplifted is thy right hand.

15 Righteousness and equity are the foundation of thy throne : loving-kindness and truth ever attend thy presence.

16 Happy is the people, O LORD, that know the sacred shout of joy at thy festivals : they that do walk in the light of thy countenance.

17 In thy Name do they rejoice all the day long : and through thy righteousness are they exalted.

18 For thou art the glory of

their strength : and in thy loving-kindness our horn is exalted.

19 For to the LORD belongeth our Shield : and our king to the Holy One of Israel.

20 Thou spakest aforetime in vision unto thy faithful, and saidst : I have laid help upon one that is mighty ; I have exalted one chosen from out of the people ;

21 I have found David "my servant" : with my holy oil have I anointed him.

22 My hand shall hold him fast : and my arm shall strengthen him.

23 The enemy shall not be able to fall upon him unawares : the son of wickedness shall not hurt him.

24 I will beat down his adversaries before him : and smite them that hate him.

25 But my faithfulness and my loving-kindness shall be with him : and in my Name shall his horn be exalted.

26 I will set his dominion also on the sea to the West : and his right hand on the River, to the East.

27 He shall call me, Thou art my Father : my God, and the Rock of my salvation.

28 And I—I will make him my first-born : most high above the kings of the earth.

29 My loving-kindness will I keep for him for evermore : and my covenant shall stand fast with him.

30 His seed also will I make to endure for ever : and his throne as the days of heaven.

31 But if his children forsake my law : and walk not in my judgements;

32 If they break my statutes, and keep not my commandments : I will visit their offences with the rod, and their sin with scourges.

33 Nevertheless, my loving-kindness will I not utterly take away from him : nor suffer my truth to fail.

34 My covenant will I not break, nor disannul the thing that is gone out of my lips : once for all have I sworn by my holiness, surely I will not be false unto David.

35 His seed shall endure for ever : and his throne as the sun before me by day,

36 As the moon by night in the sky, it shall stand fast : for ever and ever assured.

37 But thou—thou hast cast off and rejected thine anointed : and art exceeding wroth at him.

38 Thou hast spurned the covenant of “thy servant” : and thou hast cast his desecrated crown to the ground.

39 Thou hast overthrown all his walls : and broken down his strongholds.

40 All they that pass by spoil him : and he is become a very by-word unto his neighbours.

41 Thou hast exalted the right hand of his enemies : and made all his adversaries to rejoice.

42 Yea, thou hast taken away the edge of his sword : and givest him not victory in the battle.

43 Thou hast put out his glory : and hurled his throne down to the ground.

44 The days of his youth hast thou shortened : and covered him with dishonour.

45 How long, O LORD, wilt thou hide thyself for ever : and how long shall thy wrath burn like fire?

46 O remember how short and fleeting my time is : for what vanity hast thou created all the children of men?

47 What man is he that shall live on, and not see death : or that can win escape for his soul from the power of the grave?

48 LORD, where are thy old loving-kindnesses : which thou

swarest unto David in thy faithfulness?

49 Remember, Lord, the insults that "thy servants" have : and how I do bear in my bosom the taunts of so many peoples,

50 Wherewith thine enemies have scorned thee, O LORD : and scoffed at thine anointed as he passeth along.

51 Blessed be the LORD for evermore : Amen, and Amen.

#### THE FOURTH BOOK. Pss. 90 TO 106. GENERALLY LITURGICAL.

##### PSALM 90. *Domine, refugium.*

The Eternal God

LORD, thou hast been our home : from one generation to another.

2 Before the mountains were brought forth, or ever the earth and the world were made : from everlasting to everlasting thou art God.

3 Thou turnest frail man back to dust : and thou sayest, Return, ye children of the earth-born.

4 For a thousand years in thy sight are but as yesterday that

is past : and as a watch in the night.

5 Thou floodest them away as with a rain-storm : or they drop asleep, and fade away suddenly like the grass.

6 In the morning it is green, and groweth up : but in the evening it is cut down, dried up, and withered.

7 For we consume away in thy displeasure : and are dismayed at thy wrathful indignation.

8 Thou hast set our misdeeds before thee : and our secret sins in the light of thy countenance.

9 For all our days are passing away in thy wrath : we bring our years to an end, as a sigh they are gone.

10 The days of our age are threescore years and ten; and though men be so strong that they come to fourscore years : yet is their pride then but labour and nothingness ; so soon passeth it away, and we are gone.

11 But who layeth to heart the power of thy wrath : or feareth aright thine indignation ?

12 Oh teach us how rightly to number our days : that we may win us a heart of wisdom.

13 Turn thee again, O LORD, how long : and relent concerning "thy servants."

14 O satisfy us with thy loving-kindness with the returning light of morning after this night of sorrow : that we may rejoice and be glad all the days of our life.

15 Gladden us again now according to the time wherein thou hast afflicted us : and according to the years wherein we have suffered adversity.

16 Shew "thy servants" thy

work : and their children thy glory.

17 And let the gracious kindness of the LORD our God be upon us : prosper thou the work of our hands upon us, O prosper thou our handiwork.

PSALM 91. *Qui habitat.*

The ever-watchful Providence

**W**HOSO hath his home under the shelter of the Most High : and doth abide under the shadow of the Almighty,

2 He can say unto the LORD, O my refuge, and my strong hold : my God, in whom I will trust.

3 For he, even he, will deliver thee from the snare of the fowler : and from the noisome pestilence.

4 He will shelter thee under his wings, and under his feathers shalt thou take refuge : his faithfulness and truth shall be thy shield and buckler.

5 So that thou shalt not need to be afraid for any terror by night : nor for the arrow that fieth by day;

6 For the pestilence that

creepeth in darkness : nor for the deadly sting that wasteth at noon-day.

7 A thousand may fall beside thee, and ten thousand at thy right hand : but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold : and see the reward of the wicked.

9 Because thou hast said The LORD is my refuge : and hast made the Most High thine home,

10 There shall no evil happen unto thee : neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee : to guard thee in all thy ways.

12 Upon their hands shall they bear thee up : that thou hurt not thy foot against a stone.

13 Thou shalt go upon the lion and adder : the young lion and the dragon shalt thou trample under foot.

14 Because he hath set his love upon Me, therefore will I deliver him : I will set him up on high, because he hath known my Name.

15 He shall call unto me, and

I will answer him : yea, I, even I, will be with him in his trouble; whereout I will rescue him, and bring him to honour.

16 With long life will I satisfy him : and shew him my salvation.

PSALM 92. *Bonum est confiteri.*

The ways of God

**I**T is a good thing to give thanks unto the LORD : and to make melody unto thy Name, O Most High.

2 To tell of thy loving-kindness early in the morning : and of thy faithfulness every night;

3 Upon an instrument of ten strings, and upon the lute : with thoughtful music upon the harp.

4 For thou, LORD, hast made me glad through thy work : and I will rejoice over the operations of thy hands.

5 O LORD, how great are thy works : exceeding deep are thy purposes.

6 A dullard doth not well consider this : and he that is void of discernment will not understand,

7 That when the ungodly

spring up as the grass, and when all the workers of iniquity do flourish, it is that they may be destroyed for ever : but thou, O LORD, art on high and abidest for evermore.

8 For lo, thine enemies, O LORD, lo, thine enemies shall come to naught : and all the workers of iniquity shall be scattered abroad.

9 But mine horn hast thou exalted like the horn of the wild-ox : and dost strengthen and refresh me anew.

10 Mine eye also hath beheld its desire upon them that lie in wait for me : and mine ear

hath heard with joy of the downfall of the wicked that rose up against me to do evil.

11 The righteous shall flourish like the palm-tree : and shall spread abroad like a cedar in Lebanon.

12 Planted in the house of the LORD : they shall flourish in the courts of the house of our God ;

13 They shall still bear fruit in their old age : and be full of sap and well-liking.

14 That they may shew how upright the LORD my strength is : and that there is no unrighteousness in him.

## DAY 18

## EVENING PRAYER

PSALM 93. *Dominus regnabit.*

The agitated world is awed into peace  
**T**HE LORD doth reign, and hath put on glorious apparel : the LORD hath put on his apparel, and girded himself with strength.

2 Now therefore firm standeth the world order in peace : that it be no more shaken or disturbed.

3 Thy throne from of old is set sure : thou art from everlasting.

4 The floods have lifted up, O LORD, the floods have lifted up their voice : the floods lift up their din.

5 Above the thundering of many waters, above the mighty breakers of the sea : the LORD, on high, is far more mighty still.

6 What thou hast ordained, O LORD, is very sure : holiness becometh thine house for evermore.

PSALM 94. *Deus ultionum.*

The world is freed from the arrogancy  
of power and the trust in deceit

**O** LORD, thou God, to whom Redress belongeth : thou God, to whom Redress belongeth, shine forth.

2 Arise, thou Judge of the world : and reward the arrogant after their deserving.

3 O LORD, how long shall the wicked : how long shall the wicked triumph?

4 How long shall all “workers of iniquity” speak so disdainfully : and bear themselves so haughtily?

5 They crush down thy people, O LORD : and afflict thine heritage.

6 They murder the widow, and the stranger : and put the fatherless to death.

7 And yet they say, Tush, the LORD will not see : neither will the God of Jacob take heed.

8 O consider this, ye dullards among the people : O ye that be so void of discernment, when will ye understand?

9 He that planted the ear, shall he not hear : or he that

formed the eye, shall he not see?

10 Or he that instructeth the nations, shall not he correct : he that teacheth man knowledge, shall not he know?

11 The LORD seeth through the schemes of the earth-born : for man is but a breath.

12 Happy is the man whom thou instructest, O LORD : and teachest him out of thy law;

13 That thou mayest give him patience in time of adversity : until a pit be digged for the ungodly.

14 For the LORD will not abandon his people : neither will he forsake his inheritance.

15 For why? In the end shall judgement be given for righteousness : and all such as be upright in heart will rally round it.

16 Who will rise up with me as champion against the evildoers : who will take my part against the “workers of iniquity”?

17 If the LORD had not helped me : it had not failed but my soul had gone down into Silence.

18 But when I thought, My

foot was slipping : thy loving-kindness, O LORD held me up.

19 In the multitude of the perplexities that I had in my heart : thy comforts refreshed my soul.

20 Wilt thou have any fellowship with the tribunal of Destruction : which maketh wrong to be enacted for law?

21 They gather them together

## DAY 19

## MORNING PRAYER

PSALM 95. *Venite, exultemus.*

The God of Nature and of Grace

O COME, let us sing unto the LORD : let us heartily rejoice in the strength of our salvation.

2 Let us come before his presence with thanksgiving : and shew ourselves glad in him with psalms.

3 For the LORD is a great God : and a great King above all gods.

4 In his hand are all the depths of the earth : and the heights of the hills are his also.

5 The sea is his, and he made it : and his hands prepared the dry land.

6 O come, let us worship and

in bands against the life of the righteous : and condemn the innocent to death.

22 But the LORD will assuredly prove a strong tower for me : and my God is the Rock of my refuge.

23 He will bring back upon them their own iniquity, and ruin them through their own wrong-doing : yea, the LORD our God will bring them utterly to naught.

fall down : and kneel before the LORD our Maker.

7 For he is the LORD our God : and we are the people of his pasture, and the flock of his shepherding.

8 O that to-day ye would but hearken to his voice, “ Harden not your heart : as at Meribah, as in the day of Massah in the wilderness ;

9 Where your fathers put me to the proof : when they tried me, although they had seen my work.

10 Forty years long did I loathe that generation, and said : They are a people that ever go

astray in their heart, for they verily will not know my ways;

11 Wherefore I sware unto them in my wrath : that they should not enter into my land of rest."

PSALM 96. *Cantate Domino.*

Call to universal praise for God's justice

O SING unto the LORD a new song : sing unto the LORD, all the whole earth.

2 Sing unto the LORD, and bless his Name : proclaim from day to day the glad tidings of his salvation.

3 Declare his glory among the nations : and his wondrous works among all the peoples.

4 For the LORD is great, and cannot worthily be praised : he is more to be feared than all gods.

5 As for all the gods of the peoples, they are nonentities : it is the LORD that made the heavens.

6 Splendour and Majesty are before him : Strength and Beauty are in his sanctuary.

7 Ascribe unto the LORD, O ye families of the peoples : ascribe unto the LORD glory and power.

8 Ascribe unto the LORD the

honour due unto his Name : bring ye an offering, and come into his courts.

9 O worship the LORD in holy array : let the whole earth stand in awe before him.

10 Tell it out among the nations that the LORD doth reign, now therefore firm standeth the world order that it be no more shaken nor disturbed : and how that he doth minister judgement to the peoples with equity.

11 Let the heavens rejoice, and let the earth be glad : let the sea thunder and the fulness thereof.

12 Let the field be joyful, and all that is in it : yea, let all the trees of the wood leap for joy before the LORD.

13 For he hath come, for he hath come to judge the earth : with righteousness will he judge the world, and the peoples with his truth.

PSALM 97. *Dominus regnavit.*

The righteous LORD requireth right

THE LORD doth reign, the earth may be glad thereof : yea, the multitude of the isles be glad thereof.

2 Clouds and darkness are

round about him : righteousness and equity are the foundation of his throne.

3 There goeth a fire before him : and burneth up his adversaries on every side.

4 His lightnings gave shine unto the world : the earth saw, and did reel in pangs.

5 The hills melted like wax at the presence of the LORD : at the presence of the Lord of the whole earth.

6 The heavens declared his righteousness : and all the peoples saw his glory.

7 Put to shame are all they that worshipped carved images, and that in nonentities did boast themselves : bow down before him, all ye gods.

8 Sion heareth thereof, and is

glad : and the daughters of Judah rejoice because of thy judgements, O LORD.

9 For thou, LORD, art Most High above all the earth : thou art exalted far above all gods.

10 O ye that love the LORD : see that ye hate the thing which is evil.

11 The LORD preserveth the souls of his faithful; he delivereth them out of the hand of the ungodly.

12 There is sprung up a light for the righteous : and joyful gladness for such as are upright in heart.

13 Be glad therefore in the LORD, ye righteous : and give thanks unto his holy Name.

## DAY 19

## EVENING PRAYER

PSALM 98. *Cantate Domino.*

Homage of Nature and Man to  
Israel's Redeemer

O SING unto the LORD a new song : for he hath done wondrous things.

2 With his own right hand, and with his holy arm : hath he gotten himself the victory.

3 The LORD hath made known his saving help : his righteousness hath he openly revealed in the sight of the nations.

4 He hath remembered his loving-kindness and his faithfulness toward the house of Israel : so that all the ends of the world have seen the saving help of our God.

5 Shew yourselves joyful unto the LORD, all ye lands : break forth and sing for joy; and make melody.

6 Make melody unto the LORD with the harp : sing to the harp with a psalm of thanksgiving.

7 With trumpets also, and sound of the horn : O shout and shew yourselves joyful before the LORD the King.

8 Let the sea thunder, and the fulness thereof : the whole world, and they that dwell thereon.

9 Let the streams clap their hands, and let the hills ring out their joy together before the LORD : for he hath come to judge the earth.

10 With righteousness will he judge the world : and the peoples with equity.

PSALM 99. *Dominus regnavit.*

Just and Holy is His rule

**T**HE LORD doth reign, be the people never so impatient : even he that sitteth throned upon the cherubim, be the earth never so unquiet.

2 The LORD is great in Sion : and high over all the peoples.

3 O let men give thanks unto

thy Name, so great, and terrible :—Holy is He.

4 Our King's power loveth justice ; thou, even thou, hast established equity : thou, even thou, hast executed justice and righteousness in Jacob.

5 O magnify the LORD our God, and fall down before his footstool :—Holy is He.

6 Moses and Aaron among his priests, and Samuel among such as call upon his Name : these called unto the LORD, and he himself did answer them.

7 He spake unto them out of the cloudy pillar : they kept his ordinances, and the statutes that he gave them.

8 Thou didst answer them, O LORD our God, a forgiving God didst thou prove thyself unto them : though an avenger of their misdeeds withal.

9 O magnify the LORD our God, and worship at his holy hill, for the LORD our God :—Holy is He.

PSALM 100. *Jubilate Deo.*

A psalm for the thank-offering

**S**HOUT for joy unto the LORD, all the Earth : serve the LORD with gladness, and

come before his presence with a ringing song.

2 Be ye sure that the LORD he is God : it is he that made us, and we are his; we are his people, and the flock of his shepherding.

3 O go your way into his gates then with thanksgiving, and into his courts with praise : be thankful unto him, and speak good of his Name.

4 For the LORD is good, his loving-kindness is everlasting : and his faithfulness endureth from generation to generation.

**PSALM 101. *Misericordiam et judicium.***

The aim of the honest Ruler as against  
arrogancy and craft

**M**Y song shall be of loving-kindness and of justice : unto thee, O LORD, would I make melody.

2 O let me have understanding : in the way that is perfect.

3 O when wilt thou come unto me : I would fain live at home in whole-hearted sincerity of purpose.

4 I will take no base thing in hand : all licentious ways do I abhor, there shall no such cleave unto me.

5 A crooked heart shall depart from me : no evil-minded person shall be friend of mine.

6 Whoso privily slandereth his neighbour : him will I silence for ever.

7 Whoso hath also a proud look and high stomach : I will not suffer him.

8 Mine eyes look upon such as are faithful in the land : that they may dwell with me.

9 Whoso leadeth an upright life : he it is that shall be my servant.

10 There shall no deceitful person dwell within my house : he that telleth lies shall not tarry in my sight.

11 Morning by morning will I hold my court of justice : that I may make an end of the ungodly that are in the land.

12 That I may root out all “workers of iniquity” : from the City of the LORD.

## DAY 20

## MORNING PRAYER

PSALM 102. *Domine, exaudi.*

Prayer of the afflicted when he is overwhelmed  
(a) Personal

**H**EAR my prayer, O LORD : and let my cry for help come unto thee.

2 Hide not thy face from me in the time of my trouble : incline thine ear unto me when I call ; O answer me, and that right soon.

3 For my days are consumed like smoke : and my bodily frame doth burn as a fire-brand.

4 My heart is smitten down, and withered like grass : in truth I do forget to eat my bread.

5 Through my constant sorrow and grief : I am now but an atomie, wasted and wan.

6 I am become like a pelican of the wilderness : and like an owl in desolate places.

7 I am sleepless, and do moan aloud : as it were a bird that sitteth alone upon the house-top.

8 Mine enemies jeer at me all the day long : and they that are

mad against me do use my name for a curse. (Jer. 29. 22.)

9 Surely I have eaten ashes as it were bread : and mingled my drink with weeping;

10 And that because of thine indignation and wrath : for thou hast taken me up, and cast me away.

11 My days are passing away like a lengthening shadow at sunset : and I am withered like the grass.

(b) National

12 But thou, O LORD, thou sittest enthroned for ever : and thy memorial Name endureth throughout all generations.

13 O that thou wouldest arise therefore and have compassion upon Sion : for it is time that thou have pity upon her, yea, the appointed time is come.

14 And why? "thy servants" do dote upon her stones : and it pitith them to see her in the dust.

15 So would the nations then fear thy Name, O LORD : and all the kings of the earth would see thy glory ;

16 When the **LORD** should have built up Sion again : and revealed himself in his glory;

17 When he turneth him unto the prayer of the poor destitute : and despiseth not their desire.

18 Recorded shall the good news of this be for those that come after : that a people yet to be born may praise the **LORD**.

19 Because he hath looked down from his holy height : out of the heaven did the **LORD** behold the earth;

20 That he might hear the sighing of such as are in captivity : and set free such as are doomed to death;

21 That men may tell of the Name of the **LORD** in Sion : and his praise at Jerusalem;

22 When the peoples are gathered together : and the kingdoms also, to serve the **LORD**.

23 But now, he hath brought down my strength in life's journey : and shortened my days.

24 Yet will I say, O my God, take me not hence in the midst of my days : thou whose years

endure throughout all generations.

25 Thou, **LORD**, of old didst lay the foundation of the earth : and the heavens are the work of thy hands.

26 They shall perish, but thou shalt endure : they all shall wear away as doth a garment;

27 And as a vesture shalt thou change them, and they shall be changed : but thou art He that Is, and thy years have no end.

28 O let the children of "thy servants" abide : and their seed ever prosper before thee.

PSALM 103. *Benedic, anima mea.*

The heavenly Father

**B**LESS the **LORD**, O my soul : and all that is within me bless his holy Name.

2 Bless the **LORD**, O my soul : and forget not all his benefits;

3 Who forgiveth all thy sin : and healeth all thine infirmities;

4 Who saveth thy life from destruction : and crowneth thee with mercy and loving-kindness;

5 Who satisfieth thine old age with good things : so that thy youth is renewed like the eagle's.

6 The LORD executeth righteousness and judgement : for all them that are oppressed with wrong.

7 He made known his ways unto Moses : his doings unto the children of Israel.

8 The LORD is full of compassion and gracious : slow to anger, and abundant in loving-kindness.

9 He will not alway be chiding: neither keepeth he his anger for ever.

10 Not according to our sins hath he dealt with us : nor according to our wickednesses hath he requited us.

11 For look how high the heaven is in comparison of the earth : so great is his loving-kindness over them that fear him.

12 Look how wide also the east is from the west : so far hath he set our sins from us.

13 Yea, like as a father hath compassion upon his own children : even so hath the LORD compassion upon them that fear him.

14 For he—he knoweth where-

of we be made : he remembereth that we are but dust,

15 That the days of frail man are as grass : as a flower of the field so he flourisheth.

16 For as soon as the hot wind passeth over it, it is gone : and the place thereof doth know it no more.

17 But the loving-kindness of the LORD is from everlasting to everlasting upon them that fear him : and his righteousness unto their children's children ;

18 Even unto such as keep his covenant : and think upon his precepts to do them.

19 The LORD hath established his throne in the heavens : and his kingdom ruleth over all.

20 O bless the LORD, ye angels of his, ye that be mighty in strength : ye that fulfil his commandment, hearkening unto the voice of his word.

21 O bless the LORD, all ye his hosts : ye ministers of his that do his pleasure.

22 O speak good of the LORD, all ye works of his, in all places of his dominion : bless thou the LORD, O my soul.

DAY 20

## EVENING PRAYER

PSALM 104. *Benedic, anima mea.*

The LORD, the Life-giver of the universe

**B**LESS the LORD, O my soul : O LORD my God, thou shewest thyself to be exceeding great, thou hast robed thyself in Splendour and in Majesty.

2 Thou dost deck thyself with light as it were with a garment : and spreadest out the heavens like a tent-curtain.

3 Thou vaultest it above with waters : thou makest the clouds thy chariot, and goest about upon the wings of the wind.

4 Thou makest storm-winds to be thy messengers : fire and flame thy ministers.

5 Thou hast laid the foundations of the earth : to sustain it unmoved for all time.

6 Thou didst cover it with the deep like as with a vesture : the waters stood above the hills.

7 At thy rebuke they fled : at the voice of thy thunder they sped in alarm ;—

8 Then did the mountains rise, the plains between them

sank down : even unto the place which thou hadst appointed for them ;—

9 Thou didst set them a bound which they should not pass over : neither turn again to cover the earth.

10 He causeth springs to well forth in the glens : and they run among the hills.

11 So that all the beasts of the field may drink thereof : and that the wild asses may quench their thirst.

12 Beside them do the birds of the air have their habitation : and sing among the branches.

13 He watereth the hills from above : the earth is filled with the fruit of thy works.

14 He maketh the grass to grow for the cattle : and green herb in return for the labour of man ;

15 That he may bring forth bread-corn out of the earth, and wine that maketh glad the heart of man : and oil to make him a cheerful countenance, and bread to strengthen man's heart.

16 The trees of the LORD do drink their fill of rain : even the cedars of Lebanon which he hath planted ;

17 Wherein the birds make their nests : and as for the stork the fir-trees are her home.

18 The high hills are for the wild goats : the crags for the conies to hide in.

19 He appointed the moon to measure stated seasons : the sun knoweth his going down.

20 Thou makest darkness that it may be night : wherein all the wild creatures of the forest do stir forth.

21 The young lions roaring after their prey : do seek their food from God.

22 The sun ariseth, and they get them away together : and lay them down in their dens.

23 Then goeth man forth to his work : and to his labour until the evening.

24 O LORD, how manifold are thy works, in wisdom hast thou made them all : the earth is filled with thy creatures.

25 Yonder is the sea great and wide : wherein are things

swarming innumerable, living creatures both small and great.

26 There go the ships : (8. 10) and there is that Leviathan, whom thou hast made to take his pastime therein.

27 These all wait in hope upon thee : that thou mayest give them their food in due season.

28 When thou givest it them they gather it : when thou openest thy hand they are satisfied with good.

29 When thou hidest thy face they are dismayed : when thou gatherest in their breath they gasp, and return again to their dust;

30 When thou sendest forth thy spirit, they spring into being : and so thou dost renew the face of the earth.

31 The glory of the LORD shall endure for ever : the LORD will rejoice in his works.

32 The earth doth tremble at a glance of his : he doth but touch the hills, and they smoke.

33 I will sing unto the LORD as long as I live : I will make melody unto my God while I have any being;

34 Oh that my meditation

might please him : as for me my joy shall be ever in the LORD.

35 Sinners, O let them come to an end from off the earth :

and no wicked be any more therein.

36 But, O my soul, bless thou the LORD : Praise ye the LORD.

## DAY 21

## MORNING PRAYER

PSALM 105. *Confitemini Domino.*

The inspiration from the past

**O** GIVE thanks unto the LORD, and celebrate his Name : make known among the peoples what things he hath done.

2 O let your songs be of him, and make melody unto him : and let your talking be of all his wondrous works.

3 Glory ye in his holy Name : let the heart of them rejoice that seek the Lord.

4 Seek ye after the LORD and his strength : seek his face continually.

5 Remember the marvellous works that he hath done : his wonders, and the judgements of his mouth,

6 O ye seed of Abraham "his servant" : ye children of Jacob that are his chosen.

7 He is the LORD our God : his judgements are in all the world.

8 He hath been alway mindful of his covenant : and the word of promise that he commanded to a thousand generations ;

9 Even the covenant that he made with Abraham : and the oath that he sware unto Isaac ;

10 And confirmed the same unto Jacob for a decree : and to Israel for an everlasting covenant ;

11 Saying, "Unto thee will I give the land of Canaan : to be the lot of your inheritance."

12 When there were yet but a few of them : yea, very few, and they only sojourners in the land ;

13 What time as they went about from one nation to another : from one kingdom to another people ;

14 He suffered no man to do them wrong : and for their sakes reproved kings ;

15 Saying, "Mine own anointed

touch ye not : and do my prophets no harm."

16 Moreover, when he called for a dearth upon the land : and brake the whole staff of bread,

17 He had sent a man in advance before them : even Joseph, who was sold to be a bond-slave;

18 Whose feet they hurt in the stocks : the iron entered into his soul;

19 Until what he had fore-said would be, came to pass : the promise of the LORD put him to the test.

20 Then the king sent, and released him : the ruler of the peoples let him go free.

21 He made him lord also of his house : and ruler of all his possessions;

22 To instruct his princes after his will : and teach his senators wisdom.

23 Thus Israel too came into Egypt : and Jacob sojourned in the land of Ham.

24 And he increased his people exceedingly : and made them too mighty for their adversaries;

25 Whose heart turned so,

that they hated his people : and dealt craftily with "his servants."

26 Then sent he Moses "his servant" : and Aaron whom he had chosen.

27 And these wrought his manifold signs among them : and wonders in the land of Ham.

28 He sent darkness, and it was dark : for they were not obedient unto his word.

29 He turned their waters into blood : and slew their fish.

30 Their land swarmed with frogs : yea, even in their kings' chambers.

31 He spake the word, and there came all manner of flies : and gnats in all their quarters.

32 He gave them hail-stones for rain : and flames of fire in their land.

33 He smote their vines also and fig-trees : and brake in pieces the trees that were in their borders.

34 He spake the word, and the locusts came, young locusts beyond all counting : and did eat up every herb in their land, and devoured the fruit of their ground.

35 He smote also all the first-born in their land : even the firstlings of all their strength.

36 Then brought he forth his people with silver and gold : there was not one that stumbled through weariness among his tribes.

37 Egypt was glad at their departing : for dread of them had fallen upon them.

38 He spread out a cloud to be a covering : and fire to give light in the night-season.

39 At their desire he brought quails : and he gave them in plenty of the bread of heaven.

40 He opened the rock of stone, and waters gushed out : they coursed through the desert like a river.

41 For why? he remembered his holy word of promise : which he had made unto Abraham "his servant."

42 Thus brought he forth his people with joy : and his chosen ones with jubilant singing;

43 And he gave them the lands of the nations : where they took the labour of the peoples in possession ;

44 In order that they might keep his statutes, and observe his laws : Praise ye the LORD.

## DAY 21

## EVENING PRAYER

PSALM 106. *Confitemini Domino.*

The warning from the past

**P**RAISE ye the Lord. O give thanks unto the LORD, for he is good : and his loving-kindness endureth for ever.

2 Who can express the noble acts of the LORD : or shew forth all his praise?

3 Happy are they that alway keep judgement : and do righteousness.

4 Remember me, O LORD, ac-

cording to the favour that thou bearest unto thy people : O visit me with thy salvation ;

5 That I may see the felicity of thy chosen : and rejoice in the gladness of thy people, and give thanks with thine inheritance.

6 We have sinned with our fathers : we have done amiss, and dealt wickedly.

7 Our fathers did not well

consider thy wonders in Egypt, neither kept they thine abundant kindness in remembrance : but were restive at the Red sea, and defied the Most High.

8 Nevertheless, he saved them for his Name's sake : that he might make his mighty power to be known.

9 He rebuked the Red sea also, and it was dried up : so he led them through the deep, as a shepherd doth his flock through open pasture land.

10 And he saved them from the hand of them that hated them : and redeemed them from the hand of the enemy.

11 As for those that troubled them, the waters overwhelmed them : there was not one of them left.

12 Then believed they in his words : and sang praise unto him.

13 But within a while they forgat his works : and would not patiently abide his purpose.

14 But greed for flesh came upon them in the wilderness : and they tried God in the desert.

15 And he gave them their

request : but sent leanness withal into their soul.

16 They were envious also of Moses in the camp : and of Aaron the hallowed of the LORD.

17 So the earth opened, and swallowed up Dathan : and covered the company of Abiram.

18 And fire was kindled on their company : the flame burnt up the ungodly.

19 They made a calf in Horeb : and worshipped a molten image.

20 Thus they exchanged their Glory : for the likeness of an ox that eateth grass.

21 And they forgot God their Saviour : who had done so great things in Egypt;

22 Wondrous works in the land of Ham : and terrible things by the Red sea.

23 So he said, he would make an end of them, had not Moses his chosen stood before him in the breach : to turn away his wrathful indignation, lest he should destroy them.

24 Moreover, they thought scorn of the delightsome land : and gave no credence unto his word;

25 But sulked and murmured in their tents : and hearkened not unto the voice of the LORD.

26 Then lifting up his hand he swore unto them : that he would overthrow them in the wilderness;

27 And that he would cast out their seed among the nations : and scatter them in the lands.

28 They joined themselves also unto Baal-peor : and ate the sacrifices in honour of their lifeless gods.

29 Thus they provoked him unto anger with their doings : and a plague brake in upon them.

30 Then stood up Phinehas and executed judgement : and so the plague was stayed ;

31 And that was counted unto him for righteousness : among all posterities for evermore.

32 They angered him also at “the waters of strife” : so that it went ill with Moses because of them.

33 For when they had been defiant against God’s spirit : he spake so unadvisedly with his lips.

34 Neither did they root out

the peoples : as the LORD had commanded them ;

35 But mingled themselves with the nations : and learned their works.

36 Insomuch that they served their idols, which proved their ruin : for they sacrificed their sons and their daughters unto them that were no-gods.

37 And shed innocent blood, even the blood of their sons and of their daughters : whom they sacrificed unto the idols of Canaan ; and the land was polluted with blood.

38 Thus were they defiled with their own works : and by their doings were faithless to their covenant with God.

39 Therefore was the wrath of the LORD kindled against his people : insomuch that he abhorred his own inheritance.

40 And he gave them over into the hand of the nations : and they that hated them were lords over them.

41 Their enemies oppressed them : and had them in subjection.

42 Many a time did he deliver them : but they—they clung defiantly to their own self-will,

and were brought low through their iniquity.

43 Nevertheless, when he saw their adversity : and when he heard their bitter cry for help,

44 He remembered his covenant, and relented, according unto the abundance of his

46 Blessed be the LORD, the God of Israel, from everlasting even to everlasting : and let all the people say, Amen. Praise ye the LORD.

loving-kindness : yea, he made all those that had led them away captive to pity them.

45 Save us, O LORD our God, and gather us together from among the nations : that we may give thanks unto thy holy Name, and triumph in thy praise.

#### THE FIFTH BOOK. Pss. 107 TO 150. GENERALLY LITURGICAL.

##### PSALM 107. *Confitemini Domino.*

The Friend of all in trouble

**O** GIVE thanks unto the LORD, for he is good : and his loving-kindness endureth for ever.

2 Let the redeemed of the LORD give thanks : even they whom he hath redeemed and delivered from the grasp of adversity;

3 And gathered them together out of the lands, from the east, and from the west : from the north, and from the south.

Exiles and wanderers

4 Such as went astray in the

desert out of the way : and could not find the city where they dwelt;

5 Hungry and thirsty : their soul fainted in them.

6 Then cried they unto the LORD in their trouble : and he delivered them out of their distress.

7 He led them forth by the right way : that they might go to the city where they dwelt.

8 O that men would therefore give thanks unto the LORD for his loving-kindness : and for the wonders that he doeth for the children of men !

9 For he satisfieth the longing

soul : and filleth the hungry soul with good.

Captives and prisoners

10 Such as sat in darkness, and in the shadow of death : being fast bound in misery and iron ;

11 Because they had defied the words of God : and lightly regarded the counsel of the Most High ;

12 Therefore he brought down their heart through heaviness : they stumbled, and there was none to help.

13 Then cried they unto the LORD in their trouble : and he saved them out of their distress.

14 He brought them forth out of darkness, and out of the shadow of death : and brake their bonds in sunder.

15 O that men would therefore give thanks unto the LORD for his loving-kindness : and for the wonders that he doeth for the children of men !

16 For he hath broken the gates of brass : and hewn the bars of iron in sunder.

The sick unto death

17 Such as were sick by reason of the course of their

transgressions : and had brought affliction on themselves by their iniquities.

18 Their soul abhorred all manner of food : and they were even hard at death's door.

19 Then cried they unto the LORD in their trouble : and he saved them out of their distress.

20 He sent his word, and healed them : and delivered them from their destruction.

21 O that men would therefore give thanks unto the LORD for his loving-kindness : and for the wonders that he doeth for the children of men !

22 That they would offer unto him the sacrifices of thanksgiving : and tell out his works with gladness !

Seamen at large

23 Such as go down to the sea in ships : and occupy their business in great waters ;

24 These men see the works of the LORD : and his wonders in the deep.

25 For at his word the stormy wind ariseth : and lifteth up the waves thereof.

26 They are carried up to the

heaven, and down again to the deeps : their soul melteth away because of the trouble.

27 They reel to and fro, and stagger like a drunken man : and are at their wits' end.

28 Then cry they unto the LORD in their trouble : and he bringeth them out of their distress.

29 He maketh the storm to cease : so that the waves thereof are still.

30 Then are they glad, because they be at rest : and so he bringeth them unto the haven where they would be.

31 O that men would therefore give thanks unto the LORD for his loving-kindness : and for the wonders that he doeth for the children of men!

32 That they would exalt him also in the assembly of the people : and praise him in the seat of the elders !

In all the chances and changes  
of life

33 He hath turned rivers into dry land : and what were water-springs into thirsty ground.

34 A fruitful land made he a salt waste : for the wickedness of them that dwelt therein.

35 Again, he hath turned a wilderness into standing water : and dry ground into water-springs ;

36 And there he hath set the hungry : that they may build them a city to dwell in ;

37 That they may sow their fields, and plant vineyards : to yield them fruits of increase.

38 He hath blessed them also so that they multiply exceedingly : and suffereth not their cattle to decrease.

39 And again, when they were diminished, and brought low : through oppression, misfortune or trouble ;

40 —(Though “he poureth contempt upon princes : and causeth them to go astray in the pathless waste”)—Job 12.21.

41 Yet hath he set the poor on high, out of affliction : and maketh him families like a flock.

42 —(“The upright see it, and are glad : and all unrighteousness is dumbfounded.”)—Job 5.16.

43 Whoso is wise let them ponder well these things : and they shall understand the loving-kindnesses of the LORD.

## DAY 22

## EVENING PRAYER

PSALM 108. *Paratum cor meum.*

Thanksgiving for deliverance

(1-5, duplicate = Ps. 57. 8-12)

**O** GOD, my heart is ready :  
I will sing and make melody with the best member that I have.

2 Awake, lute and harp : I myself will awake the dawn.

3 I will give thanks unto thee, O LORD, among the peoples : I will make melody unto thee among the nations.

4 For thy loving-kindness is great above the heavens : and thy truth reacheth unto the skies.

5 Be thou exalted, O God, above the heavens : and let thy glory be above all the earth.

Prayer for victory

(6-13, duplicate = Ps. 60. 5-12)

6 That thy beloved may be delivered : O save with thy right hand, and answer thou me.

7 God hath promised by his holiness : let me rejoice thereat — “I will divide Shechem, as victor on the west, and mete

out the valley of Succoth on the east of Jordan.

8 Gilead is mine, and mine is Manasseh : Ephraim also is the defence of my head, Judah is my sceptre of rule;

9 Moab shall be my wash-pot, unto Edom will I cast off my shoe : over Philistia will I shout in triumph.”

10 O who then will bring me as victor into the fortified city : and who will lead me right through into Edom?

11 Wilt not thou, O God, who hast cast us off : thou, O God, that wentest not forth with our hosts?

12 O give thou us thy help against the adversary : for vain is the help of man.

13 Through God shall we yet do valiantly : for it is he that will tread down our adversaries.

PSALM 109. *Deus laudem.*

Cry for retribution against cruel wrong

**B**E not thou silent, O God of my praise : for the mouth of the ungodly, yea, the

mouth of the deceitful is opened against me.

2 And they have spoken against me with lying tongue : they have compassed me about also with words of hatred, and fought against me without cause.

3 In return for the love that I had unto them, lo, they take now my contrary part : but I give myself unto prayer.

4 Thus have they rendered unto me evil for good : and hatred for my good will.

15 They have persecuted the poor helpless man : and him that was cowed in heart would they do to death.

20 But thou, O LORD God, deal thou with me, according unto thy Name : because thy loving-kindness is good, deliver thou me.

21 For I am helpless and poor : and my heart is wounded within me.

22 I go hence like a lengthening shadow at sunset : and am tossed up and down like a locust swept about by the wind.

23 My knees do totter through fasting : my flesh is shrivelled and spare.

24 And I—I am become a taunt unto them : they look upon me and shake their heads.

25 Help me, O LORD my God : O save me according to thy loving-kindness.

26 That they may know, how that this is thy hand : and that thou, LORD, hast done it.

27 Though they curse, yet bless thou : and let them be confounded that rise up against me ; but let “thy servant” be glad and rejoice.

28 Let my malicious accusers be clothed with shame : and let them wrap themselves with their own confusion, as with a cloke.

29 As for me, I will give great thanks unto the LORD with my mouth : and praise him among the multitude;

30 Because he doth stand at the right hand of the poor : to save his soul from them that are minded to do him to death.

## DAY 23

## MORNING PRAYER

PSALM 110. *Dixit Dominus.*

The ideal Priest-King

**T**HUS saith the LORD to my lord : (1 Macc. 2. 65-68 : 13. 8-9, 41 to end.)

“Sit thou on my right hand, until I make thine enemies thy footstool.

2 In very truth will the LORD extend thy sceptre of rule out of Sion : thine be the sway over foes that surround thee on every side.

3 Marching to battle thy people will follow thee gladly : on the day that thou leadest them forth.

4 Oh see how in holy array : thy young warriors are glancing like dewdrops in the morning sun.

5 Never draw back will the LORD from his oath : Priest-King for ever be thou like as of old was Melchisedech.”

6 THE Lord at thy right hand : doth shatter the kings in the day of his wrath.

7 DREAD be the judgement now wrought on the nations ; filling the valleys with dead : shattering the head of thy foes over all the wide earth.

8 PRINCE with his men, of the brook by the way will he drink : and press on with uplifted head. Praise ye the LORD.

(1 Macc. 16. 5-6, 1 Macc. 5. 37-43.)

PSALM 111. *Confitebor tibi.*

The character of God

**A**LL my heart doth give thanks unto the LORD :

Both in the council of the upright, and in the congregation.

2 Deeds of great might are the deeds of the Lord :

Earnestly to be studied of all them that have delight therein.

3 For his work is worthy to be praised, and had in honour :

Glorious is his righteousness and standeth fast for ever.

4 He hath so done his marvellous works that they ought to be had in remembrance :

In the LORD is fulness of grace and compassion.

5 Joy and plenty hath he given unto them that fear him :

Keeping his covenant for ever in mind.

**6** Learning his people the power of his works :

**M**aking them to possess the heritage of the nations.

**7** May, the works of his hands are truth and justice :

**O**rdered are all his precepts and sure.

**8** Planted firmly for ever and ever :

**R**esting on truth and on equity.

**9** Sent hath he redemption unto his people :

**T**heir covenant hath he appointed for ever;

**10** Utterly to be had in awe and holy is his Name :

**V**erily the fear of the LORD is the beginning of wisdom.

**11** Yea, a good understanding have all they that do thereafter :

**Z**ealously shall he be praised for ever. Praise ye the LORD.

PSALM 112. *Beatus vir.*

The character of the godly man

**E**HAPPY man is he that feareth the LORD :

**B**ehold he hath great delight in his commandments.

**2** Dominion in the land shall be to his seed :

**E**ver shall the generation of the upright be blessed.

**3** Fulness of riches and plenteousness shall be in his house :

**G**rounded firm and standing fast for ever is his righteousness.

**4** He is gracious, full of compassion and righteous :

**I**n the darkness he ariseth as a light for the upright.

**5** Joy shall be to the good man that dealeth graciously and lendeth :

**I**knowledge shall he have to guide his affairs with discretion.

**6** Lo ! he shall never be moved :

**M**emorials of the righteous shall endure for evermore.

**7** Never will he be anxious over evil tidings :

**O**n the LORD he trusteth with a steadfast heart.

**8** Planted firmly is his heart and will not shrink :

**R**equited shall he be in the downfall of his foes.

**9** Scattering abroad with free hand hath he given to the poor :

**T**ruly his righteousness remaineth for ever.

**10** Uplifted shall be his horn with honour :

**V**exation shall grieve the ungodly to see it.

## DAY 23

## EVENING PRAYER

Pss. 113 to 118. Hallel, at Passover, Pentecost, Tabernacles, Dedication and New Moon

PSALM 113. *Laudate, pueri.*

The glorious and fearful Name

**P**RAISE O ye servants of the LORD : praise ye the Name of the LORD.

**2** Blessed be the Name of the LORD : from this time forth and for evermore.

**3** From the rising up of the sun unto the going down of the same : worthy to be praised is the Name of the LORD.

**4** High above all nations is the LORD : and his glory above the heavens.

**5** Who is like unto the LORD our God, that is throned so high : and yet humbleth himself to behold the things that are in heaven and in the earth?

**6** Who raiseth up the poor out of the dust : and lifteth up the needy from out the mire ;

**11** With his teeth shall he gnash and consume away :

**P**ea, the desire of the ungodly doth end in ruin. Praise ye the LORD.

**7** That he may set him among princes : even among the princes of his people.

**8** He giveth the barren housewife a happy home : and maketh her to be a joyful mother of children. Praise ye the LORD.

PSALM 114. *In exitu Israel.*

Nature's pangs at the birth of Israel

**WHEN** Israel came forth out of Egypt : and the house of Jacob from among the people of strange speech,

**2** Judah became his sanctuary : and Israel his dominion.

**3** The sea saw that, and fled : Jordan turned him about backward;

**4** The mountains skipped like rams : and the little hills like the young of the flock.

**5** What aileth thee, O thou sea, that thou fleest : and thou

Jordan, that thou turnest thee about backward?

6 Ye mountains, that ye skip like rams : and ye little hills, like the young of the flock?

7 Thou art in travail pangs, O earth, at the presence of the Lord : at the presence of the God of Jacob ;

8 Who turned the hard rock into a standing water : and the flint-stone into a springing well.

**PSALM 115. *Non nobis, Domine.***

The invisible God their strength  
and hope

**N**OT unto us, O LORD, not unto us, but unto thy Name give glory : for thy loving-kindness, and for thy truth's sake.

2 Wherefore should the nations say : Where, pray, is their God?

3 Our God,—he is in heaven : whatsoever he willeth that he doeth.

(4–8, duplicate = Ps. 135. 15–18)

4 Their idols are but silver and gold : the mere work of men's hands.

5 They have mouths, but they

speak not : eyes have they, but they see not.

6 They have ears, but they hear not : noses have they, but they smell not.

7 As for their hands, they handle not ; as for their feet, they walk not : no sound give they through their throat.

8 Like unto them shall their makers become : and so be each and everyone that putteth his trust in them.

9 O Israel, trust thou in the LORD : he is their help and their shield !

10 Ye house of Aaron, put your trust in the LORD : he is their help and their shield !

11 Ye that fear the LORD, put your trust in the LORD : he is their help and their shield !

12 The LORD hath been mindful of us, and he will bless : he will bless the house of Israel, he will bless the house of Aaron.

13 He will bless them that fear the LORD : both small and great.

14 The LORD increase you more and more : you and your children.

15 Blessed be ye of the LORD : who made heaven and earth.

16 All the whole heavens are the LORD's : but the earth hath he given to the children of men.

## DAY 24

## MORNING PRAYER

PSALM 116. *Dilexi, quoniam.*

Thanksgiving for deliverance in answer to prayer

**I** LOVE the LORD : because he hath heard the voice of my supplications ;

2 Because he hath inclined his ear unto me : therefore will I call upon him as long as I live.

3 The snares of death compassed me round about, and the pains of hell gat hold upon me : I found trouble and heaviness, and was hard at death's door ;

4 Then did I call upon the Name of the LORD : O LORD, I beseech thee, deliver my soul.

5 Gracious is the LORD, and righteous : yea, our God is full of compassion.

6 The LORD preserveth the simple : I was brought low, and he saved me.

7 Turn again then unto thy

17 The dead praise not the LORD : neither any that go down into Silence ;

18 But we—we will bless the LORD : from this time forth and for evermore. Praise ye the LORD.

rest, O my soul : for the LORD hath dealt lovingly with thee.

8 And why? thou hast delivered my life from death : mine eyes from tears, and my feet from falling ;

9 I shall walk before the LORD : in the land of the living.

10 I held fast my faith in God even when I spake, saying ; I am sorely afflicted : and though I said in my alarm I can count on no man's help.

11 What can I render unto the LORD : for all the benefits that he hath done unto me ?

12 I will lift up the cup of thanksgiving for salvation : and proclaim the Name of the LORD.

13 My vows will I pay unto the LORD : yea, in the presence of all his people.

14 Right dear in the sight of the LORD : is the death of his faithful.

15 I beseech thee, O LORD, for I am “thy servant”: I am “thy servant,” the son of thine hand-maid; thou hast broken my bonds in sunder and set me free.

16 To thee will I offer the sacrifice of thanksgiving: and will call upon the Name of the LORD.

17 I will pay my vows unto the LORD: in the presence of all his people;

18 In the courts of the LORD’s house, even in the midst of thee, O Jerusalem: Praise ye the LORD.

**PSALM 117. *Laudate Dominum***

The Gentiles are fellow-heirs

**O** PRAISE the LORD, all ye nations: laud him, all ye peoples.

2 For his loving-kindness is ever more and more towards us: and the truth of the LORD endureth for ever. Praise ye the LORD.

**PSALM 118. *Confitemini Domino.***  
Procession of thanksgiving approaching the Temple

**O** GIVE thanks unto the LORD, for he is good: for his loving-kindness endureth for ever.

2 Let Israel now confess, that his loving-kindness endureth for ever.

3 Let the house of Aaron now confess: that his loving-kindness endureth for ever.

4 Yea, let them that fear the LORD now confess: that his loving-kindness endureth for ever.

5 From out of my distress I called upon the LORD: and the LORD answered and set me at large.

6 The LORD is on my side, I will not be afraid: what can man do unto me?

7 The LORD taketh my part with them that help me: therefore can I look in the face all them that hate me.

8 It is better to take refuge in the LORD: than to put any confidence in man.

9 It is better to take refuge in the LORD: than to put any confidence in princes.

10 All nations compassed me round about: in the Name of the LORD did I mow them down.

11 They came about me on every side, they came about me, I say, on every side: but in the Name of the LORD did I mow them down.

12 They came about me buzzing like bees around wax, they

blazed up as doth a fire among thorns : in the Name of the LORD did I mow them down.

13 Thou didst thrust sore at me, that I might fall : but the LORD was my help.

14 The LORD is my strength, and my song : and he is become my salvation.

15 Hark ! the sound of a ringing shout of joy and salvation in the tents of the righteous : —“the right hand of the LORD bringeth mighty things to pass ;

16 The right hand of the LORD hath gotten the victory : the right hand of the LORD bringeth mighty things to pass.”

17 I shall not die, but live : and declare the works of the LORD.

18 Though the LORD hath chastened and corrected me : yet he hath not given me over unto death.

#### The Procession arriving

19 Open to me the gates of righteousness : that I may go in there through, and give thanks unto the LORD.

Welcome by the Levites from within

20 This is the gate of the LORD : the righteous may enter in thereby.

Procession passing in

21 I will give thanks unto thee, for thou hast answered me : and art become my salvation.

22 The same stone which the builders rejected : is become the head-stone in the corner.

23 This is the LORD’s doing : and it is marvellous in our eyes.

24 This is the day which the LORD hath made : let us rejoice and be glad in it.

25 We beseech thee, O LORD, save now : we beseech thee, O LORD, send us now prosperity.

Levites within the Temple

26 Blessed in the Name of the LORD, be he that entereth : we bless you out of the house of the LORD.

The Procession advances

27 The LORD is God and hath shewed us light : O garnish ye the sacred dance with leafy boughs, and lead it on even up to the horns of the altar.

28 Thou art my God, and I will thank thee : thou art my God, and I will exalt thee.

29 O give thanks unto the LORD, for he is good : for his loving-kindness endureth for ever.

## DAY 24

## EVENING PRAYER

PSALM 119. *Beati immaculati.*

The Joy and Discipline of Law to learn  
the Truth and do the Right

**E**H! happy are they that are  
perfect in the way : who  
walk in the law of the LORD.

2 Ah! happy are they that  
keep his ordinances : and seek  
him with their whole heart.

3 As such they work no in-  
iquity : they walk in his ways.

4 A straight charge hast thou  
given : that we should diligently  
observe thy precepts.

5 Ah, LORD, would that my ways  
may be ordered aright : so that  
I might observe thy statutes!

6 And then should I not be con-  
founded : while I have regard  
unto all thy commandments.

7 Accordingly I will thank  
thee with an unfeigned heart :  
when I shall have learned thy  
righteous judgements.

8 An eye will I ever have unto  
the observance of thy statutes :  
O forsake me not utterly.

*In quo corriget?*

**B**Y what means shall a young  
man cleanse his path : even  
by ruling himself after thy word.

10 Betimes and with my whole  
heart have I sought thee : O let  
me not go astray from thy  
commandments.

11 Behold thy word have I  
laid up within my heart : in  
order that I should not sin  
against thee.

12 Blessed art thou, O LORD :  
O teach me thy statutes.

13 By my own lips have I  
been telling : of all the judge-  
ments of thy mouth.

14 Better and greater delight  
have I had in the way of thine  
ordinances : than in all manner  
of riches.

15 Brood will I in meditation  
over thy precepts : and pay  
attention to thy paths.

16 Blessed for ever is the  
solace of thy statutes : I will  
not forget thy word.

*Retribue servo tuo.*

**C**OMFORT thou "thy ser-  
vant" that I may live :  
so will I observe thy word.

18 Come thou and open mine  
eyes : that I may behold won-  
drous things out of thy law.

**19** Consider how that I am a sojourner upon earth: O hide not thy commandments from me.

**20** Crushed is my soul and overwhelmed with the very fervent longing : that it hath alway unto thy judgements.

**21** Confounded are the proud by thy rebuke : and all they that go astray from thy commandments.

**22** Contempt and reproach do thou roll away from me : for I have kept thine ordinances.

**23** Counsel have princes taken as they sat and talked together against me : but "thy servant" doth meditate upon thy statutes.

**24** Continually are thine ordinances my solace : they are my counsellors.

*Adhaesit pavimento.*

**D**EEP in the dust lieth my soul : O quicken thou me, according to thy word.

#### DAY 25

#### MORNING PRAYER

*Legem pone.*

**E**NLIGHTEN and instruct me, O LORD, in the way of thy statutes : that I may keep it unto the end.

**26** Duly have I told thee of all my ways, and thou hast answered me : O teach me thy statutes.

**27** Declare unto me plainly the way of thy precepts : that I may meditate upon thy wondrous works.

**28** Dissolved is my soul for very heaviness : raise thou me up again according unto thy word.

**29** Do thou remove from me the way of unfaithfulness to thee : and cause thou me to make much of thy law.

**30** Delight have I in the way of faithfulness to thee : and thy judgements have I set before me.

**31** Do not I cleave unto thine ordinances : O LORD, disappoint me not.

**32** Daily will I run the way of thy commandments : because thou hast set my heart at liberty.

**34** Endow me with understanding, that I may keep thy law : yea, observe it with my whole heart.

**35** Exercise and lead me in the

path of thy commandments : for therein is my delight.

**36** **E**ncline my heart unto thine ordinances : and not unto greed of gain.

**37** **E**ver turn away mine eyes, from regarding aught that is false : and quicken thou me in thy ways.

**38** **E**stablish unto “thy servant” thy word of promise : which is given unto those that fear thee.

**39** **E**ase me from the taunt that I dread : for thy judgements are good.

**40** **E**ver do I long after thy precepts : O quicken me in thy righteousness.

*Et veniat super me.*

**F**Ollow me, O LORD, with thy loving-kindness : even with thy saving help, according unto thy word of promise.

**42** **F**or so shall I have an answer unto him that taunteth me : for my trust is in thy word.

**43** **F**orbear to take the word of thy truth utterly out of my mouth : for my hope is in thy judgements.

**44** **F**or then should I con-

tinually observe thy law : yea, for ever and ever.

**45** **F**ree me from anxiety and let me walk at liberty : because I have studied thy precepts.

**46** **F**aithfully also will I speak of thine ordinances, even before kings : and will not be ashamed.

**47** **F**ull of solace unto me are thy commandments : which I do love.

**48** **F**or ever will I lift up my hands unto thy commandments, which I love : and my study shall be in thy statutes.

*Memor esto verbi tui.*

**G**RACIOUSLY remember thy word unto “thy servant” : wherein thou hast caused me to hope.

**50** **G**reat is the comfort thereof to me in mine affliction : for thy word of promise hath quickened me.

**51** **G**reatly have the proud had me in derision : yet from thy law have I not swerved.

**52** **G**lad was I when I remembered thy judgements of ancient times, O LORD : and thus received comfort.

**53** **G**lowing is the indignation

that hath taken hold upon me : because of the ungodly that forsake thy law.

54 Glorious things have I sung of thy statutes : in the house of my pilgrimage.

55 Gladly have I remembered thy Name, O LORD, in the night-season : and have observed thy law.

56 Gracious hast thou thus been unto me : because I have kept thy precepts.

*Portio mea, Domine.*

**H**AVE I not promised to observe thy words, O LORD : for thou art my portion.

58 Humbly have I made my supplication in thy presence with my whole heart : O be gracious unto me, according to thy word of promise.

59 Have not I thought upon my ways : and turned my feet back unto thine ordinances.

60 Haste have I made, and delayed not : to observe thy commandments.

61 Heavily have the cords of the ungodly entangled me : but I have not forgotten thy law.

62 Bear me at midnight when

I rise to give thanks unto thee : because of thy righteous judgments.

63 Holy men and all they that fear thee are my companions : and such as observe thy precepts.

64 Hast not thou filled the earth, O LORD, with thy loving-kindness : O teach me thy statutes.

*Bonitatem fecisti.*

**T**NDEED, O LORD, thou hast dealt well with "thy servant": according unto thy word.

66 Inspire me with good discernment and knowledge : for I have believed in thy commandments.

67 Went astray before I was afflicted : but now thy word of promise do I heed.

68 In thee, O LORD, is goodness and thou doest good : O teach me thy statutes.

69 Insolent men have forged a lie against me : but as for me, with my whole heart will I keep thy precepts.

70 In luxury hath their heart grown dull : but as for me, in thy law is my delight.

71 It is good for me that I

have been in affliction : in order that I might learn thy statutes.

72 Is not the law of thy mouth better unto me : than thousands of gold and silver!

## DAY 25

## EVENING PRAYER

*Manus tuæ fecerunt me.*

**K**NIT together and fashioned am I by thy hands : O give me understanding, that I may learn thy commandments.

74 Kindly joy shall all they that fear thee have when they see me : because I have put my hope and trust in thy word.

75 Known unto me, O LORD, is it that thy judgements are righteous : and that thou of very faithfulness hast caused me to be afflicted.

76 Kind and ready, I pray, be thou to comfort me : according to thy word of promise unto "thy servant."

77 Keep me safe in thy compassion, that I may live : for thy law is my solace.

78 Keen though the proud be to subvert me in judgement by falsehood, may they fail : and as for me I will meditate upon thy precepts.

79 Knowledge of thine ordinances in such as fear thee : will cause them to be turned unto me.

80 Keep thou my heart sound in thy statutes : in order that I be not put to shame.

*Defecit anima mea.*

**L**ONGING hath my soul and yearning for thy saving help : in thy word do I hope.

82 Long have mine eyes pined with looking for thy word of promise : while I say, O when wilt thou comfort me?

83 Like a wine-skin dried up and shrivelled in the smoke though I be : yet do I not forget thy statutes.

84 LORD, how few be now left of the days of "thy servant" : when wilt thou execute judgement on them that persecute me?

85 Lo, the proud who walk not after thy law : have digged pitfalls for me.

86 LORD, all thy commandments are faithfulness : they

persecute me with falsehood;  
O give me thy help.

87 Lo, they had almost made  
an end of me upon earth : but  
I—I forsook not thy precepts.

88 Let thy loving-kindness  
quicken me : and I will observe  
the ordinances of thy mouth.

*In eternum, Domine.*

**M**ARVELLOUS is thy word, O LORD : it standeth fast eternally in heaven.

90 Mindful of thy faithfulness art thou from one generation to another : thou hast laid the foundation of the earth, and it abideth.

91 Moving in accordance with thine ordinances : do all things ever serve thee.

92 My solace hath been in thy law : else I should have perished in mine affliction.

93 Mindful will I ever be of thy precepts : for with them thou hast quickened me.

94 Mercifully save me, for I am thine : and I have made thy precepts my study.

95 Malicious men have laid wait for me to destroy me : but I will give close heed to thine ordinances.

96 Mine eye seeth the perfection of earthly things is limited : but thy commandment is infinitely broad.

*Quomodo dilexi!*

**M**AUGHT love I like thy law, O LORD : all the day long is my meditation in it.

98 Now hast thou made me through thy commandment wiser than mine enemies : for it is mine for ever.

99 Nay, I am prudent above all my teachers : for thine ordinances are my meditation.

100 Not even the aged have more discernment than I : because I keep thy precepts.

101 Never will I cause my feet to stray into any evil path : but I will ever observe thy word.

102 Neither have I turned aside from thy judgements : for thou thyself hast instructed me.

103 Nothing is sweeter than thy word of promise unto my palate : yea, sweeter than honey unto my mouth.

104 Needs must I hate all paths of unfaithfulness to thee : for through thy precepts do I get insight and discernment.

## DAY 26

## MORNING PRAYER

*Lucerna pedibus meis.*

**L**GOD, thy word is a lantern unto my feet : and a light unto my path.

106 Of old have I sworn, and am steadfastly purposed : to observe thy righteous judgements.

107 Out of measure am I afflicted : quicken thou me, O LORD, according to thy word.

108 O LORD, I beseech thee accept the free-will offerings of my mouth : and teach me thy judgements.

109 Ofttimes hath my life been in danger : yet have I not forgotten thy law.

110 On every side the ungodly have set traps for me : yet have I not gone astray from thy commandments.

111 O LORD, thine ordinances have I claimed as mine heritage for ever : and why? they are the very joy of my heart.

112 Occupied is my heart to fulfil thy statutes : alway and for ever, even unto the end.

*Iniquos odio habui.*

**I**ROFANE persons that are of a double mind do I utterly abhor : but thy law do I love.

114 Protection and shield art thou unto me : for in thy word is my hope and trust.

115 Part from me, ye evildoers : that I may keep the commandments of my God.

116 Preserve me according to thy word of promise, that I may live : and let me not be disappointed of my hope.

117 Provide me with thy help and support, and I shall be safe : yea, I will solace myself continually in thy statutes.

118 Punished of thee and set at nought are all they that go astray from thy statutes : for their self-deceit is but a lie.

119 Put away like dross by thee are all the ungodly of the earth : therefore I love thine ordinances.

120 Perplexed am I, and my flesh shuddereth for fear of thee : and I stand in awe of thy judgments.

*Feci iudicium.*

**R**IIGHT and justice have I wrought : O give me not over unto mine oppressors.

122 Rise up, and be thou surety for "thy servant" to

do him good : and let not the proud oppress me.

**123** Remember how mine eyes are wasted away with looking for thy saving help : and for the word of thy righteous promise.

**124** Reward thou "thy servant" according unto thy loving-kindness : and teach me thy statutes.

**125** Recompense me, I am "thy servant" : O grant me understanding that I may know thine ordinances.

**126** Rise up, O LORD, it is time for thee to lay to thine hand : for they have made void thy law.

**127** Right dearly therefore do I love thy commandments : above gold and precious stone.

**128** Right therefore do I deem to be all thy precepts : and every path of unfaithfulness to thee I utterly abhor.

*Mirabilia.*

**S**URE are thine ordinances and wonderful : therefore doth my soul keep them.

**130** So soon as thy words are unfolded : they give light

and discernment even unto babes.

**131** Shut not but open was my mouth, while I gasped and panted : for I yearned sore after thy commandments.

**132** So turn thou unto me, and be gracious unto me : as thou usest to do unto those that love thy Name.

**133** Steady my footsteps by thy word of promise : and let not any iniquity have dominion over me.

**134** Set me free and ransom me from the oppression of men : that I may observe thy commandments.

**135** Shew the light of thy countenance upon "thy servant" : and teach me thy statutes.

**136** Streams of water run down from mine eyes : because men observe not thy law.

*Justus es, Domine.*

**T**HOU art righteous, O LORD : and upright are thy judgements.

**138** The ordinances that thou hast commanded : are righteous and true to the uttermost.

**139** The zeal of mine heart

hath even undone me : because mine adversaries have forgotten thy words.

140 The word of thy promise is of very sterling metal, tried in the fire to the uttermost : and "thy servant" loveth it.

141 Though I be small, and of no reputation : yet have I not forgotten thy precepts.

142 Thy righteousness is an everlasting righteousness : and thy law is truth.

143 Trouble and anguish have overtaken me : yet thy commandments are my solace.

144 The righteousness of thine ordinances is everlasting : O grant me understanding, and I shall live.

## DAY 26

## EVENING PRAYER

*Clamavi in toto corde meo.*

UNTO thee have I called with my whole heart : answer me, O LORD, I would keep thy statutes.

146 Unto thee have I called, O save me : and I will observe thine ordinances.

147 Uprising early in the morning do I cry unto thee for help : while I wait in hope for thy word.

148 Uprisen am I before each night-watch doth arrive : that I might meditate on thy promise.

149 Up, LORD, hear my voice, according unto thy loving-kindness : quicken me, according to thine ordinances.

150 Unholy men draw nigh

that of malice persecute me : and are far from thy law.

151 Upon thee do I call, for thou art nigh at hand, O LORD : and all thy commandments are truth.

152 Unchangeable from of old are thine ordinances : I have known long since that thou hast founded them for ever.

*Vide humilitatem.*

OUCHSAFE to behold mine affliction, and rescue me : for I do not forget thy law.

154 Vouchsafe to maintain my cause, and redeem me : quicken me, according to thy word of promise.

155 Verily saving help is far

from the ungodly : for they study not thy statutes.

156 **V**ery many are thy compassions, O LORD : quicken me, according to thy judgements.

157 **V**ery many are my persecutors and mine adversaries : yet have I not swerved from thine ordinances.

158 **V**exed was I even unto loathing, when I beheld them that are faithless and treacherous towards thee : because they have not observed thy word.

159 **V**isit me and see, O LORD, how I love thy precepts : O quicken me, according to thy loving-kindness.

160 **V**erily, the sum of thy word is truth : and each of thy righteous judgements endure for evermore.

*Principes persecuti sunt.*

**V**ITHOUT cause have princes persecuted me : but my heart standeth in awe of thy words.

162 **V**holly do I rejoice at thy word of promise : as one that findeth great spoils.

163 **V**hereas I hate falsehood and will abhor it : thy law do I love.

164 **V**ith my voice seven times a day do I praise thee : because of thy righteous judgements.

165 **V**ondrous great is the peace that they have who love thy law : they go on their way without stumbling.

166 **V**hen, O LORD, have I not hoped for thy saving help : and done after thy commandments?

167 **V**hen hath not my soul observed thine ordinances : yea, I love them exceedingly.

168 **V**ell have I observed thy precepts and thine ordinances : for all my ways are before thee.

*Appropinquet deprecatio.*

**V**ET let my cry come near before thee, O LORD : give me understanding, according unto thy word.

170 **V**ea, let my supplication come before thee : deliver me, according to thy word of promise.

171 **V**et again let my lips pour forth thy praise : because thou teachest me thy statutes.

172 **V**ea, let my tongue sing of thy word : for all thy commandments are right.

173 **V**ield me ready help with

thine hand : for I have chosen  
thy precepts. it may praise thee : and let thy  
judgements help me.

174 *P*earned have I and longed  
for thy saving help, O LORD :  
and thy law is my delight. 176 *P*ea, though I go astray,  
O seek "thy servant," like a  
sheep that is lost : for I do not  
forget thy commandments.

175 *P*ea, let my soul live, that

## DAY 27

## MORNING PRAYER

Pss. 120 to 134. The Pilgrim odes: on journeys up to Passover,  
Pentecost and Tabernacles

PSALM 120. *Ad Dominum.*

The Pilgrim's need under miseries  
of foreign rule

**U**NTO the LORD did I call  
in my distress : and he  
answered me.

2 Deliver my soul, O LORD,  
from the lying lips : and from  
the crafty tongue.

3 What shall be given or done  
unto thee, thou crafty tongue :  
Even sharp arrows of the mighty  
with glowing coals of broom.

4 Woe is me, that my banish-  
ment endureth so long : that  
I have my habitation in the  
tents of the sorrowful.

5 All too long hath my soul  
had her dwelling : among them  
that are haters of peace.

6 I labour for peace, but when  
I speak unto them thereof :  
they make them ready to battle.

PSALM 121. *Levavi oculos.*

## The Pilgrim's Way

**I** WILL lift up mine eyes  
unto the hills : O from  
whence will my help come?

2 My help cometh even from  
the LORD : who made heaven  
and earth.

3 Never will he suffer thy  
foot to stumble : and he that  
guardeth thee will not sleep.

4 Behold, he that guardeth  
Israel : doth neither slumber  
nor sleep.

5 The LORD himself is thy  
guard : the LORD is thy shade  
upon thy right hand ;

6 So that the sun shall not  
smite thee by day : neither the  
moon by night.

7 The LORD shall guard thee  
from all evil : yea, it is even he  
that shall guard thy soul.

8 The LORD doth guard thy going out, and thy coming home : from this time forth and for evermore.

PSALM 122. *Lætatus sum.*

The Pilgrim's goal

**I** WAS right glad when they said unto me : "We will go unto the house of the LORD."

2 Our feet were standing at last within thy gates : O Jerusalem.

3 Jerusalem that art builded up once again : as a city that is at unity in itself.

4 For thither the tribes went up, even the tribes of the LORD : according to the ordinance for Israel, to give thanks unto the Name of the LORD.

5 For there were set thrones for judgement : even the thrones of the house of David.

6 O pray for the peace of Jerusalem : they shall prosper that love thee.

7 Peace be within thy walls : and prosperity within thy palace-towers.

8 For my brethren and companions' sakes : will I now say, Peace be within thee.

9 Yea, for the sake of the house of the LORD our God : I will seek to do thee good.

PSALM 123. *Ad te levavi oculos meos.*

The Pilgrim's Hope

**U**NTO thee lift I up mine eyes : O thou that art throned in the heavens.

2 Behold, even as the eyes of servants look unto the hand of their master : and as the eyes of a maiden unto the hand of her mistress ;

3 Even so our eyes look unto the LORD our God : until he be gracious unto us.

4 Be gracious unto us, O LORD, even now be gracious unto us : scorn enough and more have we borne.

5 Yea, more than enough hath our soul borne of scornful jeering from them that are at ease : and of contempt from the proud oppressor.

PSALM 124. *Nisi quia Dominus.*

The Pilgrim's escape

"**I**F the LORD himself had not been of our side," let Israel now say : "if the LORD himself had not been of our side, when man rose up against us ;

2 Then had they swallowed us up alive : when they were so wrathfully displeased at us.

3 Yea, the waters had swept us away : the torrent had gone over our soul;

4 Then had the deep waters of the proud : gone even over our soul."

5 But blessed be the LORD : who hath not given us over for a prey unto their teeth.

6 Our soul is escaped, even as a bird out of the snare of the fowlers : the snare is broken, and we—we are escaped.

7 Our help is in the Name of the LORD : who made heaven and earth.

PSALM 125. *Qui confidunt.*

Firm as a rock

**T**HEY that put their trust in the LORD are even as

the mount Sion : which can not be moved, but abideth fast for ever.

2 As the mountains are round about Jerusalem : even so is the LORD round about his people, from this time forth and for evermore.

3 For the sceptre of wrong will not continue to rest on the land that is the lot of the righteous : else might the righteous put forth their hands unto iniquity.

4 Do good, O LORD, unto those that be good : and to those that are true to thee and upright in their hearts.

5 But as for renegades and such as turn aside unto their crooked ways : the LORD will lead them away with the workers of iniquity. Peace be upon Israel.

PSALM 126. *In convertendo.*

The first arrival of exiles home

**W**HEN the LORD turned again the captivity of Sion : then were we like unto them that dream.

2 Then was our mouth filled with laughter : and our tongue with shouts of joy.

3 Then said they among the nations : The LORD hath done great things for them.

4 Yea, the LORD hath done great things for us already : whereof we rejoice.

5 As the water-courses of the south, though dry in summer, are in flood after the autumn rains : even so, O LORD, in full stream do thou bring back our yet captive exiles.

6 They that sow in tears : shall reap with shouts of joy.

7 Though one may now go weeping on his way, as he beareth forth but a handful of good seed to sow : he shall surely yet come home again with shouts of joy, bearing his sheaves with him.

PSALM 127. *Nisi Dominus.*

The re-peopling of Jerusalem

**E**XCEPT the LORD build the house : they labour in vain thereat that build it.

2 Except the LORD keep watch over the city : the watchman waketh but in vain.

3 It may be but lost labour that ye haste to rise up early, and take no rest, but eat the bread of carefulness : for look, to whom it pleaseth him he giveth it in sleep.

4 Lo, children and the fruit of the womb : are an heritage and gift that cometh of the LORD.

5 As arrows in the strong hand of the mighty : even so are a young man's children.

6 Happy is the man that hath filled his quiver therewith : they shall not be put to shame when they speak with their enemies in the gate.

PSALM 128. *Beati omnes.*

The blessing of home and family life

**H**APPY is every one that feareth the LORD : and walketh in his ways.

2 For thou shalt eat the labour of thine own hands : O well is thee, and happy shalt thou be.

3 Thy wife in the innermost chambers of thine house : shall be as a fruitful vine;

4 Thy children like olive-shoots from the parent stem : round about thy table.

5 Lo, thus shall the man be blessed : that feareth the LORD.

6 The LORD from out of Sion so bless thee : that thou mayest see Jerusalem in prosperity all thy life long;

7 Yea, see thy children's children : and Peace upon Israel.

PSALM 129. *Sæpe expugnaverunt.*

National prayer in anxious times

**M**UCH indeed and many a time have they afflicted me from my youth up": may Israel now say;

2 "Yea, much and many a time have they afflicted me from my youth up : but they have not prevailed against me.

3 The plowers plowed upon my back : and made long their furrows.

4 But the LORD is righteous : he hath hewn asunder the cords of the wicked."

5 Let them be confounded and turned backward : as many as have evil will at Sion.

6 Let them be even as the grain dropped and growing upon the house-tops : which withereth afore it be mature;

7 And of such a sort whereby with the reaper filleth not his hand : neither he that bindeth up the sheaves his bosom.

8 So that they who go by say not so much as, The LORD prosper you : we wish you good luck in the Name of the LORD.

PSALM 130. *De profundis.*

Expectant Hope

**O**UT of the depths have I called unto thee, O LORD : Lord, hear my voice.

2 O let thine ears consider well : the voice of my complaint.

3 If thou, LORD, wilt be extreme to mark what is done amiss : O Lord, who may abide it?

4 Nay, but with thee there is forgiveness : in order that thou mayest be feared.

5 I wait for the LORD; my soul doth wait : and in his word do I hope.

6 My soul looketh for the Lord more than watchmen for the morning : yea, more than watchmen for the morning dawn.

7 O Israel, hope in the LORD, for with the LORD there is loving-kindness : and with him is plenteous redemption.

8 And he—even he will redeem Israel : from all his sins.

PSALM 131. *Domine, non est.*

As a little child

**L**ORD, my heart is not haughty : nor mine eyes lofty.

2 I do not busy myself in great

matters : nor in things that are too hard for me.

3 Surely I have stilled and quieted my soul, like a weaned child in its mother's arms that fretteth not at all : yea, even so

my soul with me is like that weaned child.

4 O Israel, hope in the LORD : from this time forth and for evermore.

## DAY 28

## MORNING PRAYER

PSALM 132. *Memento, Domine.*

The permanence of the Divine Kingdom

(a) 1-10, David's oath

LORD, remember unto David : all the affliction that he underwent ;

2 How he sware unto the LORD : and vowed a vow unto the Mighty One of Jacob ;—

3 “Surely I will not enter the tent wherein I dwell : I will not lie down upon the bed that is spread for me ;

4 I will not suffer mine eyes to sleep : nor mine eyelids to slumber ;

5 Until I find out a place for the LORD : a dwelling-place for the Mighty One of Jacob.”

6 Lo, we heard of the Ark as being at Ephrathah : in the fields of the wood did we find it.

7 Let us go unto his dwelling-place : and fall low on our knees before his footstool and pray,

8 “Arise, O LORD, into thy resting-place : thou, and the Ark of thy strength.

9 Let thy priests be clothed with righteousness : and let thy faithful sing with joyfulness.

10 For ‘thy servant’ David’s sake : turn not away the face of thine anointed.”

(b) 11-19, God's oath in response

11 The LORD made a faithful oath unto David : and he will not turn back from it ;—

12 “Of the fruit of thy body : will I set upon thy throne.

13 If thy children keep my covenant, and mine ordinances that I shall learn them : their children also shall sit upon thy throne for evermore.

14 For the LORD hath chosen

Sion : he hath desired it for his abode.

15 This shall be my resting-place for ever : here will I dwell, for I have a delight therein.

16 I will surely bless her provision : and will satisfy her poor with bread.

17 Her priests will I clothe with salvation : and her faithful shall sing aloud with joyfulness.

18 There will I make a horn to bud forth unto David : there have I set in order a lamp for mine anointed, that shall never go out.

19 Robes of shame will I put on his foes : but on his head an ever-bright crown."

**PSALM 133. *Ecce, quam bonum!***

Diffusive influence of Union

**B**EHOLD, how good and how pleasant a thing it is : for brethren to dwell together in unity !

2 It is like the savour of the sacred oil upon the head, coming down upon the beard : even Aaron's beard, that reached down unto the collar of his vesture.

3 Like the dew of Hermon : that cometh down upon the hill of Sion.

4 For there hath the LORD promised his blessing : even life for evermore.

**PSALM 134. *Ecce nunc.***

Greeting of morning watch coming on duty

**B**EHOLD now, bless ye the LORD : all ye servants of the LORD, that by night stand in the house of the LORD.

2 O lift up your hands towards the sanctuary : and bless ye the LORD.

Answer of night watch going off duty

3 The LORD that made heaven and earth : give thee blessing out of Sion.

**PSALM 135. *Laudate Nomen.***

Interchange of greetings between lay worshippers and priests

**P**RAISE ye the LORD. Praise ye the Name of the LORD : praise him, O ye servants of the LORD ;

2 Ye that stand in the house of the LORD : in the courts of the house of our God.

3 Praise ye the LORD, for the

LORD is good : make melody unto his Name, for it is lovely.

4 For why? the LORD hath chosen Jacob unto himself : and Israel for his own possession.

5 Yea, I know surely that the LORD is great : and that our Lord is above all gods.

6 Whatsoever the LORD pleased, that hath he done in heaven, and in earth : in the seas, and in all deep places.

7 He causeth vapour and mist to come up from the ends of the earth : and sendeth forth lightnings with the rain, bringing the wind out of his treasuries.

8 It is he who smote the first-born of Egypt : both of man and beast.

9 He sent signs and wonders into the midst of thee, O thou land of Egypt : upon Pharaoh, and upon all his servants.

10 It is he who smote divers nations : and slew mighty kings ;

11 Sehon king of the Amorites, and Og the king of Bashan : and all the kingdoms of Canaan ;

12 And gave their land to be an heritage : even an heritage unto Israel his people.

13 Thy Name, O LORD, endureth for ever : thy memorial, O LORD, from one generation to another.

14 For the LORD will right his people : and again be gracious unto "his servants."

The helplessness of the idols  
(15-18, duplicate = Ps. 115. 4-8)

15 As for the idols of the nations, they are but silver and gold : the mere work of men's hands.

16 They have mouths, but they speak not : eyes have they, but they see not.

17 They have ears, but give no ear : neither is there any breath in their mouths.

18 Like unto them shall their makers become : and so be each and everyone that putteth his trust in them.

19 O house of Israel, bless ye the LORD : O house of Aaron, bless ye the LORD.

20 O house of Levi, bless ye the LORD : ye that fear the LORD, bless ye the LORD.

21 Blessed out of Sion be the LORD who dwelleth at Jerusalem : praise ye the LORD.

## DAY 28

## EVENING PRAYER

PSALM 136. *Confitemini.*

## The Great Hallel

Divine Love revealed in Nature and  
in History

**O** GIVE thanks unto the LORD, for he is good : and his loving-kindness endureth for ever.

2 O give thanks unto the God of gods : for his loving-kindness endureth for ever.

3 O give thanks unto the Lord of lords : for his loving-kindness endureth for ever.

4 To him who alone doeth great wonders : for his loving-kindness endureth for ever.

5 Who by his excellent wisdom made the heavens : for his loving-kindness endureth for ever.

6 Who spread forth the earth above the waters : for his loving-kindness endureth for ever.

7 Who made great lights : for his loving-kindness endureth for ever;

8 The sun to rule by day : for his loving-kindness endureth for ever;

9 The moon and the stars to rule by night : for his loving-kindness endureth for ever.

10 To him who smote Egypt in their first-born : for his loving-kindness endureth for ever;

11 And brought out Israel from among them : for his loving-kindness endureth for ever;

12 With a mighty hand, and with an outstretched arm : for his loving-kindness endureth for ever.

13 To him who divided the Red sea in sunder : for his loving-kindness endureth for ever;

14 And made Israel to pass through the midst of it : for his loving-kindness endureth for ever.

15 But as for Pharaoh and his host, he shook them off in the Red sea : for his loving-kindness endureth for ever.

16 To him who led his people through the wilderness : for his loving-kindness endureth for ever.

17 To him who smote great

kings : for his loving-kindness endureth for ever ;

18 Yea, and slew mighty kings : for his loving-kindness endureth for ever ;

19 Sehon king of the Amorites : for his loving-kindness endureth for ever ;

20 And Og the king of Bashan : for his loving-kindness endureth for ever ;

21 And gave their land to be an heritage : for his loving-kindness endureth for ever ;

22 Even an heritage unto Israel his servant : for his loving-kindness endureth for ever .

23 To him who remembered us in our low estate of exile : for his loving-kindness endureth for ever ;

24 And hath rescued us as a prey from our foes : for his loving-kindness endureth for ever .

25 To him who giveth food to all living things : for his loving-kindness endureth for ever .

26 O give thanks unto the God of heaven : for his loving-kindness endureth for ever .

PSALM 137. *Super flumina.*

The Temple singers in exile

**B**Y the waters of Babylon— there it was that we sat down : yea, wept when we remembered thee, O Sion .

2 As for our harps, we hanged them up : upon the trees that are thereby .

3 For there did they that had led us away captive call for a song, and our tormentors bade us be merry : “Sing us one of the songs of Sion.”

4 How can we sing the LORD’s song : in a foreign land ?

5 If I forget thee, O Jerusalem : let my right hand forget her cunning ;

6 Let my tongue cleave to the roof of my mouth, if I do not remember thee : yea, if I set not Jerusalem above my chiefest joy .

7 Remember, O LORD, against the children of Edom, the day of Jerusalem : how they said, Down with it, down with it, even to the ground .

8 O daughter of Babylon, thou plunderer but doomed : thou shalt full surely yet rewarded be, as thou hast served us .

PSALM 138. *Confitebor tibi.*

The constancy of the Divine care

**I** WILL give thanks unto thee, O LORD, with my whole heart : even before the gods will I make melody unto thee.

2 I will worship toward thy holy temple, and give thanks unto thy Name : because of thy loving-kindness, and because of thy faithfulness.

3 For the glorious fulfilment of thy promise : doth far surpass the renown of all thy former deeds.

4 When I called unto thee thou didst answer me : and didst make me bold with thy strength in my soul.

5 Unto thee, O LORD, shall all the kings of the earth give

thanks : when they have heard the words of thy mouth.

6 Yea, they shall sing of the ways of the LORD : for great is the glory of the LORD.

7 For though the LORD be high, yet hath he regard for the lowly : as for the proud, them he beholdeth afar off.

8 Though I walk in the midst of trouble, yet wilt thou revive me : thou wilt stretch forth thy hand against the furiousness of mine enemies, and thy right hand shall save me.

9 The LORD on my behalf will complete the good work he hath in hand for me : thy loving-kindness, O LORD, endureth for ever; abandon not then that which thine own hands have so far wrought.

## DAY 29

## MORNING PRAYER

PSALM 139. *Domine, probasti.*

The living energy of a personal God for whom time and space are naught

**O** LORD, thou hast searched me through and through, and known me : thou—aye thou knowest my down-sitting, and mine up-rising ; thou understandest my purposes long before.

2 Thou art about my path by day and about my bed at night : thou siftest out, and art acquainted with, all my ways.

3 For lo, before yet there be a word on my tongue : thou, O LORD, knowest it altogether.

4 Thou hast fashioned my past and my future : now too thine hand doth hold me fast.

5 Such knowledge is too wonderful for me : it is all too high, I cannot attain unto it.

6 Whither shall I go from thy spirit : or whither can I flee from thy presence?

7 If I climb up into heaven, thou art there : if I make my bed in the under-world, behold thou art there also.

8 If I take the wings of the Dawn : and alight in the uttermost parts of the western sea;

9 Even there also would thy hand lead me : and thy right hand would hold me fast.

10 If I say, Peradventure darkness might shroud me : then shall my night be turned to day.

11 Yea, darkness is no darkness with thee, but the night is as clear as the day : darkness and light to thee are both alike.

12 Verily thou, even thou, didst bring me into being : thou didst knit me together in my mother's womb.

13 I will give thanks unto thee, for that I am fearfully and wonderfully made : wonderful are thy works, and that my soul knoweth right well.

14 My frame was not hidden from thee : when I was being made in secret, and wrought with skill and care beneath upon the earth.

15 Thine eyes did see my undeveloped substance, yet being unperfect : and in thy book were all of them written ;—

16 Even the days which were predetermined : when as yet there was none of them.

17 Unto me then how far beyond measure are thy purposes, O God : O how infinite is the sum of them !

18 If I would count them, they are more in number than the sand : when I wake up I find that I have been, and am still, ever present to thy mind.

19 [O that thou wouldest make an end of the wicked, O God : depart from me therefore ye blood-thirsty men.

20 For they defy thee with lawless intent : and thine enemies exalt themselves presumptuously.

21 Should not I hate the ways of them, O LORD, that hate thee : and should not I have loathing for the purposes

of those that rise up against thee?

22 Yea, I do hate them right sore : they are to me even as though they were mine own adversaries.]

23 Try me, O God, and seek the ground of my heart : prove me, and examine my roving thoughts.

24 Look well if there be in me any hurtful way of evil habit : and guide me aright in the way everlasting.

PSALM 140. *Eripe me, Domine.*

Prayer for Right against Might

**R**ESCUE me, O LORD, from the evil man : and guard me from the violent man.

2 From those who devise mischief in their heart : they stir up strife all the day long.

3 They have sharpened their tongue like a serpent : adder's poison is under their lips.

4 Keep me safe, O LORD, from the hands of the ungodly : guard me from the violent men, who are purposed to trip me up and overthrow me.

5 The proud have hidden a trap for me, and spread a net by the way-side with cords : yea, beset with baits and lures the path that I must tread.

6 I have said unto the LORD, Thou art my God : give ear, O LORD, to the voice of my supplications.

7 O LORD God, thou strength of my salvation : thou hast covered my head in the day of battle.

8 Let not the ungodly have his desire, O LORD : let not his craft and guile gain its end.

9 Lest they be too proud : let the mischief of their own lips fall upon the head of them that compass me about.

11 Let not a backbiter full of words prosper in the earth : let the violent and malicious be hunted away and overthrown.

12 Confident am I that the LORD will maintain the cause of the poor : and uphold the right of the needy.

13 Surely the righteous shall give thanks unto thy Name : and the upright dwell secure in thy presence.

## DAY 29

## EVENING PRAYER

PSALM 141. *Domine, clamavi.*

Evening prayer for self-control

**L**ORD, I have called unto thee, haste thee unto me : and give ear to my voice when I cry unto thee.

2 Let my prayer be set forth in thy sight as the incense : and let the lifting up of my hands be as the evening sacrifice.

3 Set a guard, O LORD, to my mouth : and keep watch at the door of my lips.

4 O let not mine heart be inclined to any evil thing : let me not be occupied in deeds of wickedness with the workers of iniquity, neither let me eat of their dainties.

5 Let the righteous rather smite me friendly : and correct me;

9 For unto thee, O LORD God, do mine eyes look : in thee have I taken refuge, O give not over my soul unto death.

10 Keep me from the trap that they have laid for me : and from the baits and lures of the workers of iniquity.

11 Let the ungodly fall each

into his own net : while I go by unharmed.

PSALM 142. *Voce mea ad Dominum.*

Prayer of the persecuted and lonely

**W**ITH my voice do I cry unto the LORD : yea, aloud unto the LORD do I make my supplication.

2 Before him will I pour out my complaint : and before him declare my distress.

3 When my spirit fainteth within me—thou, even thou, knowest my path— : in the way wherein I must walk have they privily hidden a trap for me.

4 Look on my right hand and see : there is no friend that will know me.

5 I have no place to flee unto : and no man careth for my soul.

6 Therefore have I cried unto thee, O LORD, and said : Thou art my refuge, my portion in the land of the living.

7 Attend unto my bitter cry : for I am brought very low.

8 O deliver me from my persecutors : for they are too strong for me.

9 Bring forth my soul out of

prison, that I may give thanks unto thy Name : which thing if thou wilt grant me of thy bounty, then will the righteous yet again resort unto my company.

PSALM 143. *Domine, exaudi.*

Prayer for speedy help and guidance

**H**EAR my prayer, O LORD, and give ear to my supplications : answer me in thy faithfulness and in thy righteousness.

2 And enter not into judgement with “thy servant” : for no man living is righteous before thee.

3 For the enemy hath persecuted my soul; he hath crushed my life down to the ground : he hath laid me in the darkness, as the men that have been long dead.

4 Therefore my spirit fainteth within me : and my heart within me is bewildered.

5 Yet do I remember the days of old; I muse upon all thy work : yea, I meditate upon the operation of thy hands.

6 I spread forth my hands

unto thee : my soul gaspeth unto thee as a weary land.

7 Answer me, O LORD, and that soon, for my spirit is failing : hide not thy face from me, lest I be like unto them that go down into the grave.

8 O let me hear thy loving-kindness to the full with the returning morning light after the night of sorrow, for in thee is my trust : shew thou me the way wherein I should walk, for unto thee do I lift up my soul.

9 Deliver me, O LORD, from mine enemies : for unto thee have I fled for refuge.

10 Teach me to do the thing that pleaseth thee, for thou, even thou, art my God : let thy good spirit lead me by an even path whereon I cannot stumble.

11 Revive me, O LORD, for thy Name’s sake : and in thy righteousness bring my soul out of trouble.

12 And of thy loving-kindness silence mine enemies : and bring to naught all them that are the adversaries of my soul ; for I am “thy servant.”

DAY 30

## MORNING PRAYER

PSALM 144. *Benedictus Dominus.*

The warrior's stay

**B**LESSED be the LORD my strength : who teacheth my hands to war, and my fingers to fight ;

2 My loving-kindness and my fortress, my strong tower and my deliverer, my shield and he in whom I take refuge : who subdueth the peoples under me.

3 LORD, what is the earth-born, that thou hast such care for him : or the child of mortal man, that thou so accountest him ?

4 Man is like unto a breath : his days are as a shadow that passeth away.

5 Bow thy heavens, O LORD, and come down : touch the mountains, and they shall smoke.

6 Flash forth lightning, and scatter them : shoot out thine arrows, and discomfit them.

7 Stretch forth thine hands from on high : rescue me, and deliver me out of the great waters, out of the hand of men of alien race ;

8 Who speak with the mouth of deceit : and lift their right hand to swear lies.

9 I will sing a new song unto thee, O God : and make melody unto thee upon a ten-stringed lute.

10 It is thou that givest victory unto kings : and didst rescue David "thy servant" from the peril of the sword.

11 Rescue me, and deliver me out of the hand of men of alien race : who speak with the mouth of deceit, and lift their right hand to swear lies.

Prosperity in peace

12 That our sons may be like saplings well-grown in their youth : and our daughters may be like handsome corner-pillars of a palace. (1 Macc. 14. 4-15.)

13 That our garners may be full and plenteous with all manner of store : that our sheep may bring forth thousands and ten thousands in our fields.

14 That our chieftains may be firmly established and able : that there be no breach in our walls, no leading into captivity,

and no cry of mourning in our broad places.

15 Happy is the people that are in such a case : yea, happy is the people who have the LORD for their God.

**PSALM 145. *Exaltabo te, Deus.***

Thine is the kingdom, the power  
and the glory

**E**LWAY will I magnify thee,  
O my God and King : and I will bless thy Name for ever and ever.

2 Blessed be thou every day : and praised be thy Name for ever and ever.

3 Consider how great is the LORD, and marvellous-worthy to be praised : yea, his greatness is unsearchable.

4 Declared be thy mighty acts and lauded be thy works : by one generation unto another.

5 Every day will I be musing on the majestic glory of thy splendour : and on all the details of thy manifold and wondrous works;

6 For men will speak of the might of thine awe-inspiring acts : and I will also tell of thy greatness.

7 Great is the fame of thine abundant goodness which shall be poured forth : and men shall joyfully sing of thy righteousness.

8 How gracious is the LORD, and full of compassion : long-suffering, and of great goodness.

9 Is not the LORD good to all : yea, his compassions are over all his works.

10 Known is thy praise from all thy works, O LORD : and thy faithful give thanks and bless thee.

11 Lo, they shall speak of the glory of thy kingdom : and talk of thy power ;

12 Making known to the children of men thy mighty acts : and the majestic glory of thy kingdom.

13 Never shall they forget that thy kingdom is an everlasting kingdom : and that thy dominion endureth throughout all ages.

14 Protected and upheld by the LORD be all such as are ready to fall : he lifteth up all those that are bowed down.

15 Raised unto thee are the eyes of all, as they wait : and

thou it is that givest them their food in due season.

16 Seeing that when thou openest thine hand : thou fillest all things living with plenteousness.

17 The LORD is righteous in all his ways : and loving in all his works.

18 Verily, the LORD is nigh unto all them that call upon him : yea, unto all such as call upon him faithfully.

19 Whoso feareth him he will fulfil their desire : he will also hear their cry for help and will save them.

20 Yea, the LORD preserveth all them that love him : but scattereth abroad all the ungodly.

21 Zealously shall my mouth speak the praise of the LORD : and let all flesh give thanks unto his holy Name for ever and ever.

#### PSALM 146. *Lauda, anima mea.*

The one true Helper of mankind

PRAISE ye the LORD ;  
praise the LORD, O my soul : while I live will I praise the LORD, yea, as long as I have any being, I will make melody unto my God.

2 O put not your trust in princes, nor in any child of earth-born man : for there is no help in them.

3 For when the breath of man goeth forth he returneth again to his dust : and in that very day do all his purposes come to an end.

4 Happy is he that hath the God of Jacob for his help : and whose hope resteth upon the LORD his God ;

5 Who made heaven and earth, the sea, and all that in them is : who keepeth truth for ever ;

6 Who helpeth them to right that suffer wrong : and giveth bread to the hungry.

7 The LORD looseth men out of prison : the LORD doth open the eyes of the blind.

8 The LORD helpeth them up that be bowed down : the LORD loveth the righteous.

9 The LORD careth for the strangers ; he upholdeth the fatherless and widow : as for the way of the ungodly, he turneth it upside down.

10 The LORD shall reign for evermore : even thy God, O Sion, throughout all generations. Praise ye the LORD.

## DAY 30

## EVENING PRAYER

PSALM 147. *Laudate Dominum.*

Perfect in power, in wisdom, in  
goodness

**P**RAISE ye the LORD, for it is a good thing to make melody unto our God : yea, a joyful and pleasant thing it is to be thankful.

2 The LORD doth again build up Jerusalem : and gather together the outcasts of Israel.

3 He healeth those that are broken in heart : and giveth medicine to heal their sickness.

4 He telleth the number of the stars : and giveth them all their names.

5 Great is our Lord, and vast is his power : yea, his understanding is infinite.

6 The LORD upholdeth the meek : and bringeth the ungodly down to the ground.

7 O sing unto the LORD with thanksgiving : make melody upon the harp unto our God;

8 Who covereth the heaven with clouds, and prepareth rain for the earth : and maketh the grass to grow upon the mountains ;

9 He who giveth to the wild beast his food : and feedeth the young ravens when they cry.

10 His pleasure is not in the might of the war-horse : neither delighteth he in man's great fleetness of foot.

11 But the LORD's delight is in them that fear him : and in them that do wait for his loving-kindness.

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12 Glorify the LORD, O Jerusalem : sing praises to thy God, O Sion.

13 For he hath made strong the bars of thy gates : and hath blessed thy children within thee.

14 He maketh peace in thy borders : and giveth thee in plenty the finest of the wheat.

15 He sendeth forth his commandment upon earth : his word runneth very swiftly.

16 He giveth snow like wool : and scattereth the hoar-frost like ashes.

17 He casteth forth his hail like crumbs : who is able to abide his cold ?

18 He sendeth forth his word,

and melteth them : he bloweth with his wind, the waters flow.

19 He declared his word unto Jacob : his statutes and his ordinances unto Israel.

20 He hath not dealt so with any nation : and as for his ordinances they do not know them. Praise ye the LORD.

PSALM 148. *Laudate Dominum.*

The universe animate and inanimate

**PRAISE** ye the LORD; O praise the LORD from the heavens : praise him in the heights.

2 Praise him, all ye angels of his : praise him, all ye his hosts.

3 Praise him, sun and moon : praise him, all ye stars of light.

4 Praise him, ye heaven of heavens : and ye waters that are above the heavens.

5 Let them praise the Name of the LORD : for he it was who commanded, and they came into being.

6 He it is who doth maintain them in their course for ever and ever : he hath given them a law which shall not be broken.

7 O praise the LORD from the earth : ye sea-monsters, and ye ocean depths;

8 Fire and hail, snow and vapour : wind and storm, fulfilling his word;

9 Mountains and all hills : fruitful trees and all cedars;

10 Beasts and all cattle : creeping things and feathered birds;

11 Kings of the earth and all peoples : princes and all judges of the world;

12 Young men and maidens, old men and children, let them praise the Name of the LORD : for his Name alone is exalted, his glory is above earth and heaven.

13 He hath again lifted up a horn for his people; all his faithful for that do praise him : even the children of Israel, a people nigh unto him. Praise ye the LORD.

PSALM 149. *Cantate Domino.*

Israel's thanksgiving

**PRAISE** ye the LORD; O sing unto the LORD a new song : sound his praise where the faithful are met together.

2 Let Israel rejoice in him that made him : and let the children of Sion be joyful in their King.

3 Let them praise his Name

in the dance : let them make melody unto him with timbrel and with harp.

4 For the LORD taketh pleasure in his people : and decketh the meek with salvation.

5 Let the faithful be joyful with glory : let them sing aloud even when they rest.

6 Let the high praises of God be in their mouth : and a two-edged sword in their hand ;

7 To execute judgement upon the nations, and retribution upon the peoples : that Right may have the overhand of Wrong at last ;

8 To bind their kings in chains : and their nobles with fetters of iron ;

9 To execute upon them the doom that is written : An honour that for all his loyal and faithful. Praise ye the LORD.

PSALM 150. *Laudate Dominum.*

Call to universal praise

PRAISE ye the LORD; O praise God in his sanctuary : praise him in the firmament of his power.

2 Praise him for his noble acts : praise him according to his excellent greatness.

3 Praise him with the sound of the trumpet : praise him upon the lute and harp.

4 Praise him with the timbrel and dance : praise him with stringed instruments and with the flute.

5 Praise him with the clear-toned cymbals : praise him with the loud-sounding cymbals.

6 Let every thing that hath breath praise the LORD : Praise ye the LORD.

## INTRODUCTION TO THE OLD TESTAMENT CANTICLES

THE *Te Deum* is printed in the 1928 Prayer Book so as to shew its structure in three strophes, with Versicles and Responds; as described by Bishop John Wordsworth in *The Te Deum, its Structure and Meaning, its Musical Setting and Rendering*, S.P.C.K., 1903, pp. 21–23; and by Dr Burn in his *Niceta of Remesiana* (in Dacia, now Belâ Palanka in Servia, 340–415 A.D.), *His Life and Works*, 1905, pp. cxxii–cxxv, 83–87. “It might be well on festivals or in festival seasons to sing only the first two of the paragraphs, ending where the Hymn properly ends, with ‘Glory everlasting’” (Dr Frere, *Some Principles of Liturgical Reform*, p. 165). The use of the Antiphon suggested by Bishop John Wordsworth at the beginning would of course, like that of all other Antiphons, be optional.

From the sixth to the sixteenth century the *Te Deum*, “the most triumphant of all Christian songs of thanksgiving,” was reserved exclusively for use on Sundays and certain festivals. The monotonous repetition of this sublime and “matchless hymn of praise” daily throughout the year inevitably tends to obscure its triumphant character and meaning, at any rate for the majority of hearers. If such clergy as so desire in their daily recitation of the Church office are allowed to revert to the dominical and festal use, its full force and beauty will be far better appreciated by them. Nevertheless, it is not intended to rob those who feel themselves able to recite the *Te Deum* day after day with unabated intelligence and devotion, of such a privilege; but as an option for those who are conscious of the need, to substitute on such ordinary weekdays as they may find convenient, one of the Old Testament Canticles, and so return once more in the English Church to this use of Holy Scripture. And the desirability of so doing would appear to have been almost unanimously affirmed by the Lower House of Con-

## OLD TESTAMENT CANTICLES

vocation, 6 July, 1909. "The position would remain unchanged, so far as the general body of church-goers was concerned, and only the weekday worshipper would be affected. To him the change would be a considerable gain" (W. H. Frere, *op. cit.* p. 166). Here as elsewhere the difference between those who really use the Daily Office and those who only use the Sunday Service, and say they feel no want of anything beyond the *Te Deum*, should be borne in mind. The extraordinary thing is that the scripture-loving Church of England should be the only branch of the Catholic Church, Eastern or Western, which does not use the Old Testament Canticles in the Daily Office. There are over 70 of these in the Mozarabic Breviary, some of them of great beauty. They are there arranged in special groups for use in Advent, Lent, at Passontide, at Easter, and for Saints' Days, and more generally. (*Mozarabic Psalter*, Henry Bradshaw Society, 1905, pp. 149–184; *Breviarium Gothicum*, Matriti, 1775 *Psalterium*, ff. lxx–xc.) "It seems to me to be a matter much to be regretted," says the late Bishop Dowden, "that our Reformers, in their desire for simplicity, abandoned altogether, with the one exception of *Benedicite*, the use of the several Scripture Canticles which had a place at Lauds on successive weekdays. . . . If the time ever comes when the Church of England will attempt to revise and further enrich her book of Common Prayer, it is to be hoped that consideration will be given to the treasures of sacred song which lie ready to hand in the Canticles for Lauds not only in the Sarum rite, but also in the great store of the *Cantica* of the Gothic Breviary, and in the old Paris Breviary, which is marked by a number of noble canticles drawn from the Apocrypha. In the larger use of Scriptural Canticles we should come more into line not only with the churches of the Western Communion, but with the Holy Orthodox Church of the East" (*The Workmanship of the Prayer Book*, 1902, pp. 246–247). (Cf. Neale's *Essays on Liturgiology*, 1867, pp. 35–38.)

A dozen of such canticles have been selected and printed here at the end of the Psalter (the position they occupied in the old

## INTRODUCTION

service books and where too they are found in the *Codex Alexandrinus*). The first in each of the six groups (or seven with the *Benedicite*) are printed in the order of the days of the week in which they stood at Lauds in the Sarum Breviary, and in that order they are now sung at Lauds throughout the Western Church (pp. 210–223). From the fourth century onwards continuously to the present time these Old Testament Canticles have been used both by the Latin and Greek Churches (Bäumer, *Histoire du Bréviaire*, 1905, i. 179, 180; *Dictionary of Christian Antiquities*, 1880, article *Canticle*, i. 284; J. Mearns, *Canticles Eastern and Western*, 1914). The characteristic of each and all of these seven is to “confirm the souls of the disciples, to exhort them to continue in the faith, and that we must through much tribulation enter into the kingdom of God” (Acts 14. 22). They are one and all songs of praise to God, as an ever-present Saviour, who can devise means of deliverance for his people in the uttermost extremity of peril or distress, whether national or personal, from persecutions, from care and anxiety, from sickness, from misunderstanding, from want, from doubt, from temptations. Be the present never so hopeless, their authors are able to look beyond it, and discern upon the horizon the dawn of a brighter age which is to follow, after a period of suffering has disciplined and purified the individual or national life. Though all seven spring from special incidents in the life of individuals or of the nation, yet all look forward to the kingdom and glory of Christ, and are thus peculiarly appropriate to be recited in our Daily Office of Morning Prayer between the first Lesson from the Old Testament and the second from the New.

A choice between two is here given for each day in the week. The first in each of the six groups is perhaps more appropriate for use in Advent and Lent, especially Habakkuk 3 for the former and Isaiah 38 for the latter. The alternatives are these:

1. Isaiah's hymn in honour of the Saviour, *Confitebor tibi*, with its mingled sense of sin and gratitude for God's mercy (p. 168).
2. The hymn of Hezekiah, *Ego dixi*, with its tearful pleadings

## OLD TESTAMENT CANTICLES

of fear and sorrow; a personal and universal experience of despondency in sickness, whether of mind or body; with prayer for recovery and thankfulness at restored health (pp. 169, 170).

3. Hannah's song of deliverance, *Exultavit*, with its praise of the Rock, the impregnable stronghold, the symbol of protection, shelter and permanence. "My strength is made perfect in weakness." "My grace is sufficient for thee" (pp. 171, 172). *Mozarabic Brev.* inserts after v. 9 Jer. 9. 23, 24.

4. Moses' triumph song of Freedom for Israel, *Cantemus*, celebrating the birth of the nation and the Church, and the overthrow of all Pride and Arrogance. The seer of the Apocalypse describes how he heard it being sung "by them who had gotten the victory over the Beast and over his image" (Rev. 15. 3). The vision was a guarantee of like deliverance in the battle of life for every single member of the Church. The application too of verses eleven to fourteen in our own English history at the time of the overthrow of the Spanish Armada will ever live in our grateful memory.

5. Habakkuk's song on the approach of the Redeemer, *Domine audivi*, is one of the finest theophanies in the Old Testament, and manifestly composed for recitation in the Temple (pp. 175, 176). The primitive lectionary notes in the margin which, when they crept into the text, occasioned so much difficulty, can now be removed. (H. St John Thackeray, *Journal of Theological Studies*, xii. 191-213.)

6. Moses' farewell to Israel, *Audite cæli*, surely full of inspiration to our own church and people (pp. 177, 178).

To each of these Canticles an Antiphon has been prefixed. These Antiphons determine, as it were, the intention with which the Canticle is recited, or the sum and point of the teaching conveyed therein. They could, of course, be taken or rejected without interfering with the use of the Canticle itself, though in most cases it would be found that singing the Antiphon through, once in full before the opening and once in full at the close, would add greatly

## INTRODUCTION

to the spiritual force, and help to concentrate the devotion of the worshipper. At the head of each Canticle, as of the Psalms themselves, are printed three or four words in different type as index of its main drift and meaning.

The second Canticle in each of the six groups is of a more jubilant and didactic character than the first. Though it will be found that each of these re-echo in a striking degree the theme and thought of its fellow, e.g. *Miserationum domini recordabor*, Isaiah 63, that of *Cantemus*, Exod. 15 (p. 174).

These second six are perhaps more especially suited for use out of Advent and Lent.

1. David's Hymn and Prayer, *Benedictus es, domine, deus Israel*, 1 Chronicles 29, was set down for recitation on Thursday at Lauds in the Paris Breviary. It now stands in the Roman Breviary as an alternative for use on Monday, as it did in the old Rouen Breviary, and as suggested here (p. 168).

2. The Song of Praise, *Collaudate Canticum*, Eccl. 39 (p. 170), was an alternative for Monday in the Paris Breviary. This, and the other passage from Ecclesiasticus (on Saturday) are taken in great measure from the text given in Dr Oesterley's *Wisdom of Ben-Sira*, S.P.C.K., 1916.

3. *Canticum Jeremiæ, Hæc dicit dominus* (p. 172), making an admirable little pendant to 1 Sam. 2, is from the Gothic Breviary.

4. So too from the same source is *Miserationum domini recordabor* (p. 174).

5. *Urbs fortitudinis nostræ*, Isaiah 26, is used in the Greek Church on Friday, as here suggested (p. 176), and was also set for the same day in the Paris Breviary, in that of Bayonne, and in the Gothic Breviary; on Sundays it is used in the Ambrosian Office at Milan.

6. The Hymn of Creation, *Multa dicemus et deficiemus in verbis*, Eccl. 43, with Romans 11 (p. 178), fitly brings the week to an end. "The Incarnation reveals the ideal of creation. The Passion reveals the way in which the ideal must be attained" (Bishop Westcott, *Christian Aspects of Life*, p. 236).

## OLD TESTAMENT CANTICLES

For such of the Clergy or worshippers who are averse to the use of Canticles altogether in public worship and consider that strictly speaking "only the recognized Psalms of the Psalter should be so employed," there has been provided (adhering to the precedent of an alternative thus offered in our present Prayer Book in the case of the *Benedictus*, *Magnificat* and *Nunc Dimitis*) one for each day. They are the seven Psalms (24, 48, 82, 94, 81, 93 and 92) which are traditionally believed to have been sung in the Temple on the seven successive days of the week, according to the *Authorized Daily Prayer Book of the United Hebrew Congregations of the British Empire, 1912*. Rev. S. Singer under the sanction of the late Chief Rabbi Dr N. M. Adler.

The Old Testament Canticles would seem originally to have been chosen each day with special reference to the sequence of these Psalms. They will be found each day to be an echo didactically of the thought therein set forth, and curiously parallel to them. "They both thus afford an alternative of elevating and depressing themes, those of rebuke in the middle of the week, the more encouraging at either end."

# CANTICLES

FROM THE OLD TESTAMENT

*That may be said or sung at Morning Prayer instead of  
the Te Deum as occasion may require*

## I

### ON SUNDAYS AND HOLY-DAYS

in Advent and between Septuagesima and Palm Sunday inclusive

*Canticum triumpuerorum. Benedictus  
es, Domine, Deus patrum. DAN. 3.*

The goodness of the infinite God

**B**LESSED art thou, O LORD, the God of our fathers : and to be praised, and exalted above all for ever.

And blessed be thy glorious and holy Name : to be praised and exalted above all for ever.

Blessed art thou in the temple of thy holy glory : above all praise and above all glory for ever.

Blessed art thou on the throne of thy kingdom : and to be praised and extolled above all for ever.

Blessed art thou, that beholdest the depths of time and space, and art throned above

the cherubim : and to be praised and exalted above all for ever.

Blessed art thou in the firmament of heaven : and worthy to be praised and glorified for ever.

Of all ye Works of the LORD, bless ye the LORD : praise him and exalt him above all for ever.

Glory be to the Father, and to the Son : and to the Holy Ghost ;

As it was in the beginning, is now, and ever shall be : world without end. Amen.

*Or else,  
Benedicite, opera omnia. DAN. 3.*  
Having patiently endured they obtained the promise

*Antiphon.* The three youths by command of the king were cast into the furnace : and not fearing the fiery flame,

## CANTICLES

they said, Blessed art thou,  
O God.

**O** ALL ye Works of the  
LORD, speak ye good of  
the LORD : praise him and exalt  
him above all for ever.

O ye heavens, and ye Angels  
of the LORD, all ye Waters that  
be above the firmament, O all  
ye Powers of the LORD : speak  
ye good of the LORD.

O ye Sun and Moon, Stars  
of heaven, Showers and Dew,  
O all ye Winds : speak ye good  
of the LORD.

O ye Fire and Heat, Winter  
and Summer, Ice and Storms  
of Snow, Hoar-frost and Cold :  
speak ye good of the LORD.

O ye Nights and Days, Light  
and Darkness, Lightnings and  
Clouds : speak ye good of the  
LORD.

O let the Earth speak good  
of the LORD : yea, let it praise  
him and exalt him above all for  
ever.

O ye Mountains and Hills,  
and all ye Green Things that  
grow upon the earth, Wells and  
Springs, Seas and Rivers : speak  
ye good of the LORD.

O ye Whales and all that  
move in the waters, all Birds  
of the Air, wild Beasts and  
Cattle : speak ye good of the  
LORD.

O let Israel, and all the  
children of Men, speak good  
of the LORD : praise him and  
exalt him above all for ever.

O ye Priests and Servants of  
the LORD, O ye Spirits and  
Souls of the Righteous, O ye  
Holy and Humble men of heart :  
speak ye good of the LORD.

O Ananias, Azarias, and  
Misael, speak ye good of the  
LORD : praise him and exalt him  
above all for ever.

For he hath rescued us from  
Destruction : and saved us from  
the hand of Death.

He hath delivered us out of  
the midst of the furnace and  
burning flame : even out of the  
midst of the fire hath he de-  
livered us.

O give thanks unto the LORD,  
for he is good : and his loving-  
kindness endureth for ever.

O all ye that worship the  
LORD, bless ye the God of gods,  
praise him and give him thanks :

for his loving-kindness endureth  
for ever and for evermore.

Bless we the Father and the  
Son with the Holy Spirit : let  
us praise him and exalt him  
above all for ever.

*Or else,*

As this is the first day of the week  
on which the Levites in the Temple  
used to say,

PSALM 24. *Domini est terra.*

## II

## ON ORDINARY WEEKDAYS THROUGHOUT THE YEAR

## MONDAY

*Canticum Isaiae. Confitebor  
tibi. ISA. 12.*

Thanksgiving Song of the Redeemed  
**Antiphon.** Thine anger is turned  
away : and thou comfortest  
me.

**I** WILL give thanks unto  
thee, O LORD : for though  
thou wast angry with me, thine  
anger is turned away, and thou  
comfortest me.

Behold, God is my salvation :  
I will trust, and not be afraid.

For God the LORD is my  
strength and my song : and he  
is become my salvation.

Therefore with joy shall ye  
draw water out of the well-  
springs of salvation : and in  
that day shall ye say, Give  
thanks unto the LORD, proclaim  
his Name;

Declare his doings among  
the peoples : cause them to re-  
member that his Name is highly  
exalted.

Make melody unto the LORD,  
for he hath done glorious things :  
let this be known in all the earth.

Exult, and let thy joyful  
songs resound, thou inhabitant  
of Zion : for great is the Holy One  
of Israel in the midst of thee.

*Or else,*

*Canticum David. Benedictus es, Do-  
mine, Deus Israel. 1 CHRON. 29. 10.*

**Antiphon.** Righteousness and  
equity are the foundation of  
thy throne : loving-kindness  
and truth shall go before thy  
face.

**B**LESSED be thou, O LORD,  
the God of Israel our  
father : for ever and ever.

Thine, O LORD, is the greatness, and the power : the glory, and the victory and the majesty ;

For all that is in the heaven : and in the earth is thine ;

Thine is the kingdom, O LORD : and thou art exalted as head above all.

Both riches and honour come of thee : and thou rulest over all.

In thine hand is power and might : and in thine hand it is to make great, and to give strength unto all.

Now therefore, our God, we thank thee : and praise thy glorious Name.

All things come of thee : and

of thine own we do but give unto thee.

Our days on the earth are as a shadow : and there is no abiding.

O LORD, our God, thou triest the heart : and hast pleasure in uprightness.

Keep this for ever in the imagination of the thoughts of the heart of thy people : and prepare their heart unto thee.

*Or else,*

*(except when it is read in the course  
of the Psalms on that day) 9th day*

As this is the second day of the week on which the Levites in the Temple used to say,

PSALM 48. *Magnus Dominus.*

## TUESDAY

*Canticum Ezechiæ. Ego dixi. ISA. 38.  
Hezekiah's fear, sorrow, suffering and  
deliverance*

*Antiphon.* Oh teach us how rightly to number our days that we may win us an heart of wisdom : prosper thou the work of our hands upon us, O prosper thou our handi-work.

**I** THOUGHT, I am going down in the full noontide of my days to the gates of the

Underworld : I am bereft of the residue of my years.

I said, I shall no more see the LORD in the land of the living : I shall behold man no more with the inhabitants of the earth.

Mine abode is plucked up : and carried away from me as a shepherd's tent ;

I have rolled up my life, as a weaver rolleth his web, he will cut me off from the loom :

this very night ere day wilt thou make an end of me.

I quieted myself until morning,—as a lion so he breaketh all my bones :—this very day ere night wilt thou make an end of me.

Like a swift or a swallow so did I chatter : I did moan as a dove, mine eyes fail with looking upward.

O LORD, I am oppressed : undertake thou for me.

What can I say? He hath both spoken unto me : and himself hath done it.

Therefore, O Lord, my heart's hopes rest upon thee : refresh thou my spirit, recover thou me, and make me to live.

Behold, it was for my well-being : that I had great bitterness.

For thou hast in love to my soul : delivered it from the pit of corruption ;

And all my sins : thou hast cast away behind thy back.

The living, the living, he shall praise thee : as I do this day.

The father to the children : shall make known thy truth.

The LORD is ready to save me : therefore we will sing and make melody,

All the days of our life in the house of the LORD : from this time forth and for evermore praise the LORD.

*Or else,*

*Canticum Ecclesiastici. Collaudate canticum.* ECCLUS. 39. 14.

Perfect in Power, in Wisdom,  
in Goodness

*Antiphon.* Thy will be done : in earth even as in heaven.

**S**ING ye a song of praise : bless ye the LORD for all his works.

O magnify his Name, and give utterance to his praise : with songs to the harp and stringed instruments.

The works of God are all good : and for every need he provideth in its time.

And no man may find fault and say, What is this? Wherefore is that : for everything in its own time is excellent.

At his command is done whatsoever pleaseth him : and none can hinder, when he will save.

The works of all flesh are

before him : and nothing can be hid from before his eyes.

He seeth from everlasting to everlasting : therefore there is no limit to his salvation.

Nothing is small or insignificant with him : and there is nothing too wonderful or too hard for him.

No man may find fault and say, What is this? Wherefore is that : for he hath made each thing according to its use and purpose.

As his ways are plain unto the holy : so are they stumbling-blocks unto the wicked.

All things are for good to the godly : so to the sinners they are turned to evil.

The works of the **LORD** are all good : they supply every need in due season ;

So that no man may say, This is worse than that : for in their season they shall all be well approved.

Therefore now sing ye praises to the **LORD** with all your heart : and bless ye the Name of the Holy One.

*Or else,*

*(except when it is read in the course  
of the Psalms on that day) 16th day*

As this is the third day of the week on which the Levites in the Temple used to say,

PSALM 82. *Deus stetit.*

### WEDNESDAY

*Canticum Annæ. Exultavit. I SAM. 2.*

The Victory of the Lowly and the  
humbling of the Lofty

*Antiphon.* There is sprung up  
a light for the righteous : and  
joyful gladness for such as  
are upright of heart.

**M**Y heart exulteth in the **LORD**, mine horn is exalted in the **LORD** : because I rejoice in thy salvation.

There is none holy as the **LORD**, for there is none beside

thee : neither is there any Rock like our God.

Talk no more so exceeding proudly : let not arrogancy come out of your mouth.

For the **LORD** is a God of knowledge : and by him actions are weighed.

The bow of the mighty is broken : and they that stumbled are girded with strength.

They that were full have hired out themselves for bread :

and they that were hungry have now abundance.

The LORD killeth, and maketh alive : he bringeth down to the grave, and bringeth up.

The LORD maketh poor, and maketh rich : he bringeth low, he also lifteth up.

He raiseth up the poor out of the dust : he lifteth up the needy from the dunghill,

To makethem sit with princes : and inherit the throne of glory.

For the pillars of the earth, even Justice and Truth, are the LORD's : and he hath set the world upon them.

He will keep the feet of those whose heart is perfect toward him : but the wicked shall be put to silence in darkness ;

For not by strength alone : shall any man prevail.

*Or else,*

*Canticum Jeremiæ. Hæc dicit Dominus. JEREM. 9; ZECH. 8.*

The Friends of God

*Antiphon.* Bear ye one another's burdens : and so fulfil the law of Christ.

**T**HUS saith the LORD : Let not the wise man glory in his wisdom ;

Neither let the mighty man glory in his might : let not the rich man glory in his riches ;

But let him that glorieth glory in this : that he understandeth, and that he knoweth me,

That I am the LORD who exercise loving-kindness : judgement, and righteousness, in the earth.

For in these things do I delight : saith the LORD.

These are the things that ye shall do : Speak ye every man the truth with his neighbour ;

Execute the judgement of truth and peace in your gates : shew kindness and compassion every man to his brother ;

And let none of you devise evil in your hearts against his fellow, and love no falsehood : for all these are things that I hate, saith the LORD.

*Or else,*

*(except when it is read in the course of the Psalms on that day) 18th day*

As this is the fourth day of the week in which the Levites in the Temple used to say,

PSALM 94. *Deus ultionum.*

## THURSDAY

*Canticum Moysis. Cantemus.*  
EXOD. 15.

Israel's Triumph Song of Freedom

*Antiphon.* I saw as it were a glassy sea mingled with fire, and them that come victorious standing thereby : and they sing the song of Moses, the servant of God.

I WILL sing unto the LORD, for he hath triumphed gloriously : the horse and his rider hath he thrown into the sea.

The LORD is my strength and song : and he is become my salvation.

This is my God, and I will praise him : my fathers' God, and I will exalt him.

The LORD is a man of war : the LORD is his Name.

Pharaoh's chariots and his host hath he cast into the sea : his chosen captains are sunk in the Red sea.

The depths cover them :— they went down to the bottom like a stone.

It was thy right hand, O LORD, glorious in power : thy

right hand, O LORD, that shattered the foe;

And in the greatness of thine excellency : thou overthrewest them that rise up against thee;

Thou sendest forth thy wrath : it consumeth them as stubble.

And with the blast of thy breath the waters were rolled away ; the floods became a rampart on either flank : the sandy depths turned hard in the heart of the sea.

The enemy said, “I will pursue : I will overtake, I will divide the spoil ;

My desire shall be satisfied upon them : I will draw my sword, my hand shall re-possess them.”—

Thou didst blow with thy wind, the sea covered them : they sank as lead in the mighty waters.

Who is like unto thee, O LORD, among the gods : who is like unto thee, glorious in holiness, fearful in praises, doing wonders ?

Thou in thy loving-kindness didst lead the people whom

thou hast redeemed : thou didst guide them in thy strength to thy holy habitation.

The LORD shall reign : for ever and ever.

*Or else,*

*Canticum Isaiae. Miserationum Domini recordabor. ISA. 63. 7*

*Antiphon.* We triumph amid the sufferings which befall us, knowing that suffering worketh constancy : and constancy confidence, and confidence hope, a hope withal that never disappointeth,

Seeing that the love of God doth flood our hearts : in the Holy Spirit that is given to us. Rom. 5. 3-5.

I WILL call to mind the loving-kindnesses of the LORD : even the praises of the LORD, according to all that the LORD hath bestowed upon us;

And the great goodness toward the house of Israel, which he hath bestowed upon them : according to his compassions, and according to the multitude of his loving-kindnesses.

For he said, "Surely they are

my people, children that will not deal falsely" : so he shewed himself their Saviour.

In all their affliction he was afflicted : it was no Angel, but his Presence that saved them.

In his love and in his pity it was he that redeemed them : and he bare them, and he carried them all the days of old.

But they—they rebelled, and grieved his Holy Spirit : therefore he was turned to be their enemy, and himself fought against them.

Then his people remembered the ancient days of Moses : saying, "Where is he that brought them up out of the sea with the shepherds of his flock ;

With his glorious arm that divided the water before them : to make himself an everlasting Name?"

Look down from heaven, and behold : even from the habitation of thy holiness and of thy glory.

Thou, O LORD, art our Father : our Redeemer from everlasting is thy Name.

Yea, from of old men have not heard, neither hath the eye

seen a God beside thee :  
one who worketh for him that  
waiteth in trust upon thee.

Thou meetest him that re-  
joiceth and worketh righteousness : those that remember thee  
in thy ways.

*Or else,*

(except when it is read in the course  
of the Psalms on that day) 16th day

As this is the fifth day of the  
week on which the Levites in the  
Temple used to say,

PSALM 81. *Exultate Deo.*

## FRIDAY

*Canticum Habacuc. Domine  
audiui. HABAK. 3.*

The righteous man will live by his faith

*Antiphon.* It is good that a man  
should hope and quietly wait  
for the salvation of the LORD :  
though it tarry, yet wait for  
it, because it will surely come.

O LORD, I have heard what  
thou hast done of old :  
and I am filled with awe.

O LORD, revive thy work in  
the midst of the years, in the  
midst of the years make it  
known : in wrath remember  
mercy.

Lo! the Almighty is coming  
from Teman : and the Holy One  
from Mount Paran.

His splendour doth cover the  
heavens : with loud acclaim  
resoundeth all the earth.

His brightness is as the Light,  
whereof flashes ray forth from

his hand : and there is the  
secret storage of his power.

Before him goeth the livid  
glow of his burning : and fiery  
bolts burst forth at his feet.

He stood, the earth did  
quake : he looked, then trembled  
the nations.

The ancient mountains are  
shattered, the everlasting hills  
bow low :—his goings forth are  
as of old.

Is the LORD displeased against  
the mountains : is thine anger  
against the rivers? Or thy  
wrath against the sea,

That thou dost ride upon the  
storm-wind, thine horses : and  
the storm-clouds, thy chariots  
of salvation?

The mountains saw thee, and  
reeled in pangs : the downpour  
of waters swept on;

The deep uttered his voice :

and lifted up his hands on high.

The sun grew dim, the moon waxed pale : at the splendour of thine arrows as they sped abroad, at the glancing of thy glittering spear.

In indignation dost thou march through the land : in anger dost thou thresh the nations.

Thou art come forth for the salvation of thy people : for the deliverance of thine anointed.

They came out as a whirlwind to scatter me : and their rejoicing was as to devour the poor secretly.

Ah! the uproar of many peoples : which roar like the roaring of the sea ;

Thou hast trodden that sea with thine horses : their tumultuous surge of waters.

I heard, and my heart was sore affrighted : my lips quivered at the thunder of thy voice ;

With the faintness of terror enfeebled was my frame : and I shuddered where I stood.

But I will quietly wait through the day of trouble : when he

cometh up against the people which invadeth me with troops.

For though the fig-tree may not blossom : and there be no fruit upon the vines,

Though the labour of the olive fail : and the corn-field yield no grain ;

Though the flock be cut off from the fold : and there be no herd in the stalls ;

Yet, I will rejoice in the LORD : I will exult in the God of my salvation.

The LORD God is my strength, and he will set me free : as the gazelle at large upon the high places of mine own homeland.

*Or else,*

*Canticum Isaiae. Urbs fortitudinis nostræ. ISA. 26.*

The Rock of Ages

*Antiphon.* As thy days : so shall thy strength be.

**W**E have a strong city : salvation doth God appoint for walls and bulwarks.

Open ye the gates : that the righteous nation which keepeth the truth may enter in.

Thou wilt keep him in perfect peace, whose mind is stayed

## CANTICLES

SATURDAY

on thee : because he trusteth in thee.

Trust ye in the **LORD** for ever : for our Rock of Ages is the **LORD** himself.

The way of the just is uprightness : thou Most Upright dost direct aright the path of the just.

Yea, in the way of thy judgments, O **LORD**, have we waited for thee : for thy Name and thy

Memorial is the desire of our heart.

With my soul have I desired thee in the night : yea, with my spirit within me will I seek thee early.

*Or else,*

*(except when it is read in the course of the Psalms on that day) 18th day*

As this is the sixth day of the week on which the Levites in the Temple used to say,

PSALM 93. *Dominus regnavit.*

SATURDAY

*Canticum Moysis. Audite cæli.* DEUT. 32 and 33.

Faith in God the foundation of National life and effort

*Antiphon.* O that there were such an heart in them, that they would fear me and keep all my commandments alway : that it might be well with them, and with their children for ever!

**G**IVE ear, O ye Heavens, and I will speak : and hear, O Earth, the words of my mouth.

Let my teaching drop down

as the rain : my speech distil, as the dew,

As the fine rain upon the tender herb : and as the showers upon the grass.

For I will proclaim the Name of the **LORD** : ascribe ye greatness unto our God.

He is the Rock,—his work is perfect : for all his ways are judgement;

A God of truth, and without iniquity : just and upright is he.

Remember the days of old : consider the years of many generations.

Ask thy father, and he will declare unto thee : thine elders, and they will tell thee ;—

“ When the Most High gave to the nations their inheritance : when he separated the children of men, and set the bounds of the peoples.

The **LORD**’s portion was his people : Jacob was the lot of his inheritance.

He found him in a desert land : and in the waste and howling wilderness ;

He compassed him about, he cared for him : he kept him as the apple of his eye.

As an eagle that stirreth up her nestlings, fluttereth over her young : spreadeth abroad her wings, taketh them, beareth them aloft upon her pinions ;

Even so, the **LORD** alone did lead and train him : and there was no strange god with him.”

Rejoice, O ye nations, with his people : happy art thou, O Israel, who is like unto thee ?

The Eternal God is thy refuge : and underneath are the everlasting arms.

*Or else,*

*Canticum Ecclesiastici. Multa dicimus et deficiemus in verbis.*

ECCLUS. 43; ROM. 11.

*Antiphon.* For of him, and through him, and unto him are all things : to him be the glory for ever.

**W**E may say many things, yet shall we not attain : and the sum of our words is, He is all.

We will still magnify, though we cannot fathom : for greater is he than all his works.

Exceedingly to be had in awe is the **LORD**, and infinitely great : and wonderful are his mighty works and power.

When ye glorify the **LORD**, exalt him as much as ye can : for even yet will he far exceed.

And when ye exalt him, put forth all your strength : and be not wearied, though ye cannot fathom.

Who hath seen him, that he may declare him : and who can magnify him as he is ?

There are yet hid greater things than these be : a few only of his works have we seen.

The **LORD** hath made all

things : and to the godly hath he given wisdom.

O the depth of the riches : both of the wisdom and the knowledge of God.

How unsearchable are his judgements : and his ways past tracing out.

For of him, and through him,

and unto him, are all things : to him be the glory for ever. Amen.

*Or else,*

*(except when it is read in the course  
of the Psalms on that day) 18th day*

As this is the holy Sabbath Day on which the Levites in the Temple used to say,

PSALM 92. *Bonum est confiteri.*

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